

## Historical Dance

Course Objectives	<p>The main objective of the “Historical Dance” course is to enable the students to acquire as much knowledge as possible on the dance repertoire in Europe from the 16th to the 18th century. In addition to the choreography of figures and steps of various dance forms, the students also learn the character, tempo and style of each dance. By participating in the classes, the students develop great motor skills, precision of gestures and control over their bodies.</p> <p>A special integration of young people is another unique effect of the joint dance classes. When dancing together, they acquire the ability to work in step with and react intuitively to their partner, the ability to move in space, and creativity. In addition to practical skills, the students broaden their knowledge of dance theory. They learn the methods of dance notation in combination with music notation and acquire the knowledge of customs in ancient times, the art of stage performance, costumes from different eras and courtly etiquette.</p>
Course Content	<p><b><u>A lecture:</u></b></p> <ul style="list-style-type: none"> <li>• Treatises on the Renaissance dance in the French style. The students are introduced to a programme of the Renaissance dance in the French style.</li> <li>• Treatises on the Renaissance dance in the Italian style. Choreography of the Renaissance dance in the Italian style, which was also prevalent at the Wawel court.</li> </ul> <p><b><u>General movement education of students:</u></b></p> <ul style="list-style-type: none"> <li>• Specially prepared exercises allow them to develop the awareness of their own body and motor skills and to improve their dance technique.</li> </ul> <p><b><u>Practical dance training, including:</u></b></p> <ul style="list-style-type: none"> <li>• the steps and character of the basic Baroque dance forms,</li> <li>• the classical Minuet from the times of Louis XIV</li> </ul>
Teaching Methods	<p>Group classes, discussions, lectures</p> <p>Practical teaching methods: skill development, body relaxation and motor coordination exercises</p>