



Akademia Wychowania Fizycznego
im. Eugeniusza Piaseckiego w Poznaniu

FACULTY OF PHYSICAL EDUCATION AND SPORT

The list of subjects for Erasmus+ incoming students

TABLE OF CONTENTS:

Obligations.....	2
List of all subjects	4
Winter semester	5
Summer semester	6

OBLIGATIONS FOR ERASMUS+ INCOMING STUDENTS

I. Administrative & Enrollment Procedures

1. **Learning Agreements:** Students must update their Learning Agreements as soon as possible, but no later than one month after arrival at the Poznań University of Physical Education.
2. **Course Availability:** Subjects are offered in English based on demand. A minimum of 50% of incoming students must select a specific subject for it to be conducted in English.
3. **Subject Limits:** For organizational and financial reasons, each faculty offers a maximum of 10 subjects per semester (limited to 5 subjects for Physiotherapy students).

II. Attendance & Classroom Conduct

4. **Mandatory Attendance:** Attendance is compulsory for all chosen classes and lectures. The maximum absence limit is 10% (one meeting per semester).
5. **Punctuality:** Students are required to arrive at all classes on time.
6. **Withdrawal Policy:** If a student decides to resign from a subject, they must inform the Institutional Coordinator, the Faculty Coordinator, and the teacher in writing and in advance. Failure to provide written notice will result in a failing grade due to absence.

III. Credits & Documentation

7. **Earning Credits:** To receive course credits, students must participate in all classes and successfully complete the required exam or project.
8. **Transcript of Records (ToR):** Official transcripts including all awarded grades will be sent directly to the partner institution's coordinator within one month of the semester's end.
9. **Confirmation of Stay:** In accordance with bilateral agreements, the International Office will confirm only the study period that corresponds to the actual first and last day of the student's stay at the University.

IV. Support

10. **Problem Resolution:** In the event of any academic or administrative issues, students should contact their Institutional Coordinator immediately.



DEPARTMENT OF DANCE



DANCE IN PHYSICAL CULTURE (TANIEC W KULTURZE FIZYCZNEJ)

Unit of AWF Unit of AWF Department of Dance / Zakład Tańca

Teacher's name Various Teachers.

If you have been nominated for Erasmus exchange at our University and wish to know more about constructing your individual study program, please contact Head of the Department Paulina Wycichowska, PhD at: pwycichowska@awf.poznan.pl

Assessment methods Practical assessment and active participation

Learning Outcomes The Dance in Physical Culture programme, in line with our University's mission, is designed to prepare students to work with people and to develop their potential through dance. The programme offers two specialisations: **Dance Education and Choreography** and **Therapeutic Dance**.

Within the **Dance Education and Choreography** specialisation, the aim is to equip graduates with the skills to teach dance, create original choreographic works, and lead artistic groups in contemporary dance theatre as well as in cultural institutions, community centres, educational settings, and healthcare facilities. Thanks to its strongly practical approach, the programme also prepares students for performance-based work: combining high physical fitness, strong dance technique, while developing creative, expressive mindset.

The curriculum integrates subjects that build awareness of the human movement system and its health-oriented care—such as anatomy, physiology, biomechanics, and dance kinesiology—with artistic training that explores diverse dance styles, their history and theory, as well as choreography and composition. Students also gain the qualifications needed to lead dance-focused classes and workshops.

Within the **Therapeutic Dance** specialisation, the programme prepares graduates to teach dance in cultural, educational, and healthcare environments. With its strong emphasis on wellbeing and specialised courses, graduates are also qualified to lead therapeutic dance sessions tailored to the goals, needs, and abilities of diverse participants: including children, young people, adults, and seniors.

This specialisation combines knowledge of the body and movement, through subjects such as anatomy, physiology, biomechanics, and dance kinesiology, with artistic practice across various dance forms, their history and theory, and an in-depth exploration of dance in a therapeutic context.

Topics of the classes Practical subjects to choose from each semester:

WINTER SEMESTER

- **Ballet** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Contemporary dance** – 4 ECTS (15h technique training)
- **Modern dance technique** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Floorwork** – 4 ECTS (15h technique training)
- **Release technique and improvisation** – 4 ECTS (15h technique training)
- **Etude** – 4 ECTS (15h technique training)
- **Etude with partnering** – 8 ECTS (30h = 15h lecture and 15h technique training)
- **Dance theatre** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Dance composition** – 4 ECTS (15h technique training)
- **Choreography** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Historical dance** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Street dance** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Ballroom dance** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Creative movement** – 4 ECTS (15h technique training)
- **Therapeutic dance** – 4 ECTS (15h = 3h lecture and 12h technique training)
- **Health promoting training in dance education** – 8 ECTS (30h technique training)
- **Pilates in dance education** – 4 ECTS (15h technique training)
- **Yoga in dance education** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Yoga in therapy** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Improvisation in therapy** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Body awareness techniques** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Art therapy elements** – 8 ECTS (30h = 15h lecture and 15h technique training)

SUMMER SEMESTER

- **Ballet** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Contemporary dance** – 4 ECTS (15h technique training)
- **Modern dance technique** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Floorwork** – 4 ECTS (15h technique training)
- **Release technique and improvisation** – 4 ECTS (15h technique training)
- **Etude** – 4 ECTS (15h technique training)
- **Choreography** – 4 ECTS (15h)
- **Afro dance** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Street dance** – 4 ECTS (10h technique training)
- **Physical dance** – 4 ECTS (15h technique training)
- **Repertory** – 4 ECTS (15h = 5h lecture and 10h technique training)
- **Therapeutic dance** – 4 ECTS (15h = 3h lecture and 12h technique training)
- **Fitness in dance education** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Pilates in therapy** – 8 ECTS (30h = 6h lecture and 24h technique training)
- **Yoga in therapy** – 4 ECTS (15h = 1h lecture and 14h technique training)