



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Ballroom Dance

Prerequisites

B1 level.

Basic data are required for dance: body plasticity, coordination, musicality, rhythm.

Main aim

Summary

Students will study a history of entertaining-occasional Latin American dances, also learn dance figures, will know their teaching methodology, will understand the possibilities of connecting and combining different elements. Students will acknowledge recording systems of Latin American dances, be able to read a special literature in Lithuanian and professional foreign language.

Learning Outcomes

1. Be able to perform Latin American and leisure style dances, party of a man and a woman, as well as singular, couple or group dancing
2. Be able to demonstrate skills to work in a team and analyse experience.

Syllabus

1. Dance technique.
2. Dance history.
3. Slow waltz and its teaching methodology.
4. Tango and its teaching methodology
5. Vienna Waltz and its teaching methodology
6. Rumba, Cha Cha, Paso Doble, Samba, Jive and their teaching methodology.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Classical Dance

Prerequisites

B1 level

Basic data are required for dance: body plasticity, coordination, musicality, rhythmic.

Main aim

To acquire the basics of classical dance teaching methodology, to be able to practically apply the basic principles of classical dance.

Summary

During the course students will get acquainted with the classical dance teaching system and the terminology and principles of movements. Learn to perform and demonstrate elements of classical dance at the support and in the middle of the hall.

Learning Outcomes

1. To know the classification of classical dance movements.
2. To be able to show the practical technique of performing movements.

Syllabus

1. Basic principles of classical dance.
2. The main movements of classical dance and the methodology of their performance.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Contemporary Dance

Prerequisites

B1 level

Basics of contemporary dance: well-trained body, basics of elements of contemporary dance, flexibility, coordination.

Main aim

To acquire the knowledge of contemporary dance, to perform technically more complex elements properly, to be able to move accurately at all levels and in space, to move at different tempos, renewing different movement textures, to develop choreographic memory.

Summary

During the course, students will be introduced to how to increase endurance, combine movements, move smoothly in space by changing the level, pace, energy.

Learning Outcomes

1. To be able to perform in high technique using the different dance levels and space
2. To be able to move in different tempo using the different texture of the movement, developing the memory of continuity of dance sequence.
3. To be able to create sequences using elements of contemporary dance using the right music for it.

Syllabus

1. Floorwork dance technique, body center work.
2. Swings, spirals.
3. Various turnovers over the shoulders, weight distribution on the shoulders, arms.
4. Gentle descents, ascents.
5. Smooth movement in space by changing level, pace, energy.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Folk Dance: Dance Studio

Prerequisites

B1 level

Main aim

To give knowledge about Lithuanian folk dance; to analyze the historical and cultural circumstances of the emergence of Lithuanian stage dance and its development; to give knowledge about the works of Lithuanian choreographers, the division of the stage dance by age groups, gender and type.

Summary

The purpose of the course is to acquaint students with Lithuanian folk dances, dance authors, specifics of individual dances, general creative rules and tendencies. To explore and learn the most popular children's stage dances.

Learning Outcomes

1. To be able to analyze the historical and cultural circumstances of the emergence of Lithuanian stage dance and its development.
2. To be able to analyze the works of Lithuanian choreographers, the distribution of stage dances by age groups, gender, type.

Syllabus

1. Creation of dance for children
2. Examination of steps and dance figures in children's dances
3. Children's dance teaching / staging

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Dances of World Nations

Prerequisites

B1 level.

The basic data required for dance: body plastic, coordination, musicality.

Main aim

To get acquainted with the most prominent features of the world's peoples choreography, dance combinations, figures, and key elements. Learn how to convey a part of European and Eastern nations dance style features.

Summary

Subject introduces with various nations from the world dances, movement, music, and character traits.

Learning Outcomes

1. To be able to understand musical instruments, costumes and the national character between each other.
2. To be able to apply the acquired methodical and practical knowledge in dance lessons.

Syllabus

1. The brightest and most characteristic dances of the European part and East Asia.
2. Style and character of the nation.
3. Transmission of character and temperament of movements.
4. The connection between costume, musical instruments and dance movement.
5. Methodology of performing the dance of the nations of the world.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Historical Dance

Prerequisites

B1 level.

Basic data are required for dance: body plasticity, coordination, musicality, rhythm.

Main aim

To acquaint with the peculiarities of dances of different historical periods (dance technique, performance manner, recording systems); to provide knowledge with the development of other branches of art (architecture, art) and to promote independent interest in the history of art; to form posture skills, develop coordination, musicality, plastic expressiveness, popularize historical dance.

Summary

The study subject is designed to educate and develop the future pedagogue's worldview. While studying, students will analyze the stylistic features of the dance of the main historical epochs, the development of art history, writing systems in Lithuanian and professional foreign language.

Learning Outcomes

1. Will be able to develop ideas of ethical and sustainable development in different social and cultural contexts.
2. Will be able to convey knowledge of dance history, theory and methodology, understand the phenomena of national and world dance culture, nurture national culture.
3. Will be able to dance national, contemporary, other genre dances and / or dance fragments, will master dance techniques.

Syllabus

1. The connection of historical dance with the history of art.
2. 19th /20 century historical dances and their composition.
3. 18 th century historical dances and their composition.
4. 17 th century historical dances and their composition.
5. 14-16 th century historical dances and their composition.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

National Dance: Lithuanian Dance Folklore

Prerequisites

B1 level

Main aim

Give knowledge about Lithuanian traditions, customs and folk dance.

Summary

Lithuanian customs, traditions and their links with dance folklore are analyzed. By studying the folk hay dances and multipart songs of different Lithuanian regions, students learn to identify the differences and features of Lithuanian stage dance elements (steps), to classify them into groups and to master the performance technique.

Learning Outcomes

1. To use knowledge of dance history, theory and methodology, analyzing the phenomena of national and world dance culture, fostering national culture.
2. To dance national, contemporary, other genre dances and / or dance fragments, to control dance performance techniques.
3. To analyze, interpret and evaluate dance examples and socio-cultural contexts of dance.

Syllabus

1. Work-themed customs and folk hay dances.
2. Family holiday customs and folk hay dances.
3. Calendar holiday customs and folk hay dances.
4. Basics of Lithuanian stage dance and their classification.
5. National dance project.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.



VILNIAUS
KOLEGIJA

VILNIAUS KOLEGIJA/UNIVERSITY OF APPLIED SCIENCES

STUDY SUBJECT/MODULE PROGRAMME (SSMP)

Entitlement

Basics of Dance: Street Dance

Prerequisites

B1 level.

Basic data are needed for dance: body plasticity, coordination, sense of rhythm.

Main aim

To get acquainted and establish oneself with different street dance disciplines: locking, popping, breaking, basics of hip-hop dance styles and their history.

Summary

The teaching process introduces the basic principles of street dance and the basic requirements for the development of street dance technique. The methodology of performing street dance movements is set out. Learns to perform basic and connecting street dance movements correctly. It teaches the synthesis of melody, rhythm and movement.

Learning Outcomes

1. Be able to perform combinations of different styles of the dance genre.
2. Be able to improvise using learned elements.
3. Be able to name different dance style features.

Syllabus

1. Locking basics.
2. Popping basics.
3. Hip-Hop dance basics.
4. Breaking basics.

Evaluation procedure of knowledge and abilities

Ten grade and gathered evaluation system is applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing the products.