

<b>Subject</b>	<b>Dancing</b>			
<b>Type</b>	Type	Semester	ECTS	
	ELECTIVE (E)	3	3	
<b>Lecturer</b>	Dr. Blerta Abazi			
<b>Aims and Objectives</b>	This content aims to enhance physical fitness, motor skills, and overall well-being through diverse dance styles, combining rhythmic movement, cardio-focused exercises, and the celebration of cultural values. It seeks to develop cardiovascular endurance, flexibility, and muscular strength, improve coordination, balance, and rhythm, foster creativity and self-expression, and promote cultural appreciation by integrating traditional and contemporary dance styles into a fitness-oriented framework.			
<b>Learning Outcomes</b>	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> <li>• Perform a variety of dance styles with improved rhythm, coordination, and fitness.</li> <li>• Enhance cardiovascular endurance, flexibility, and strength through dance-based exercises.</li> <li>• Adapt traditional dances, like Vallja e Rugovës, for modern fitness routines.</li> <li>• Understand the physical, mental, and cultural benefits of dance for overall well-being.</li> <li>• Develop motor skills, including balance, agility, and spatial awareness.</li> <li>• Design personalized training programs that incorporate dance for fitness and enjoyment.</li> </ul>			
<b>Content</b>	<b>Week</b>	<b>Topics</b>		
	1	Dance and Fitness Basics – Improve coordination and flexibility while building a foundation for endurance.		
	2	Mambo Italiano – ShaftFile – Enhance lower body strength and rhythm through dynamic Latin moves.		
	3	Tokyo Drift – Hip-Hop Freestyle – Boost agility and core stability with freestyle hip-hop isolations.		
	4	Zumba – ‘Solito Y Sin Ti’ - TribalFile – Improve cardiovascular endurance and rhythmic precision with energetic routines.		
	5	Vallja e Rugovës – Build stamina and leg strength with traditional Kosovan dance adapted for fitness.		
	<b>Mid-term exam – 1</b>			
	6	Dance Fitness – Cardio Edition – Maximize heart health and calorie burn through high-intensity aerobic dance.		
	7	Salsa and Fitness Fusion – Strengthen the core and enhance balance with flowing Salsa movements.		
	8	Dancehall and Afrobeat Vibes – Develop explosive power and improve lower body mobility with vibrant steps.		
	9	Freestyle Movement and Creativity – Enhance motor skills and spatial awareness through creative movement.		
	10	Zumba Power – Advanced TribalFile – Build muscular endurance and improve dynamic coordination with intensified routines.		
	11	Group Dance Collaboration – Boost teamwork and refine timing and synchronization.		
	12	Dance based training program – using dance as a way of fitness and body improvements		
<b>Mid-term exam – 2</b>				
<b>Final Exam</b> (theoretical exam and full-text paper presentation)				
	Activity	Weight (%)		
	Lectures	40%		

<b>Teaching/Learning Methods</b>	Lab		40%
	Research		10%
	Independent learning		10%
<b>Assessment Methods</b>	Methods of assessment:		%
	Participation		10%
	a) Mid-term exam -1		10%
	b) Mid-term exam - 2		10%
	Exercise		20%
	Fitness based dancing program		30%
	Final exam		20%
<b>ECTS Workload</b>	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	29
	Examination preparation	n/a	10
<b>Literature</b>	Gülçiçek, A., Tani, K., & Keci, A. (2023). The Effects of 8-Week Dance-Based Aerobic Training in Reaction Time and Body Composition Features. <i>KOSALB International Journal of Human Movements Science</i> , 2(1), 1-9.		
<b>Ethical standards</b>	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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