

Anatomy

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The purpose of studies in anatomy is to gain knowledge about the functionality of the body, its resources and limitations. In daily physical work, it is a necessary knowledge to be able to take responsibility for one's instrument, the body.

Goal

After completing the course, the student have:

Knowledge about:

Body structure and function
Your own body in order to prevent injuries
Effective rehabilitation

Skills in:

Gain body control, body awareness and strengt

Competencies to:

Independently be responsible for developing body control through body knowledge and strength
Bodily reflect

Teaching forms

Theoretical teaching in anatomy and physiology
Practical anatomy through movement
Lying stabilizing and strengthening exercises that are designed to suit the specific needs of the dancer.
Focus on the deep-lying muscles, on range of motion, outward rotation and core stability.

Knowledge check up

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Scedule of the course

0,2 weeks

Teacher- or supervised activities of the course

4 hours

Language of instruction

Partly given in English

Dance training

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course provides training with a focus on the main orientation modern and contemporary dance, and also in ballet, and jazz. The training develops strength, flexibility and technique mainly in modern and contemporary dance, as well as in jazz and ballet. This technique training prepares the student for further work in the courses improvisation/composition, choreography and pedagogy.

Goal

After completing the course, the student have:

Knowledge about:

The parts of the training process: preparation, warm-up, technique training, memorizing movement sequences and how to implement constructive feedback. The daily training process. Methods to be able to reflect partly on one's own knowledge development in dance training, and also by taking part in current artistic research and development results. Theories behind the different dance orientations modern/contemporary, ballet, and jazz

Skills in:

Independently design methods within the various dance techniques for individual training
Identify the subject of dance technique as a resource for an artistic activity in dance.
Be able to express your uniqueness as a dancer through the various dance disciplines modern/contemporary, ballet and jazz.

Competencies to:

Demonstrate the ability to make judgments in the field of dance with regard to relevant artistic, societal and ethical aspects. Independently use and develop the knowledge and skills acquired in the subject of dance training.
Through cooperative forms under responsibility work for further learning and professional development.
Connect choreographic language with adequate training form.
Develop the knowledge and skills in stage contexts that involve responsibility and collaboration with the choreographer and fellow dancers.

Teaching forms

Practical exercises.
Theoretical briefings
Reflections in theory and practice
Film clip

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

27 weeks

Teacher- or supervised activities of the course

537 hours

Language of instruction

Partly given in English

B A L E T T A K A D E M I E N

STOCKHOLM

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate

Physical Training

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course provides an increased understanding of the body's functions. The emphasis is on technique to strengthen the students' joints and muscles. Theme days with physical relaxation, individual coach and personal advice. The course provides knowledge about how the student should work with their own body in dance and in everyday life.

Goal

After completing the course, the student have:

Knowledge about:

To work optimally with your own body in dance and in everyday life.
Weight shift in relation to movement.
Body control, endurance muscles, increased mobility and rest.

Skills in:

Strengthen joints and muscles.
Active relaxation

Competencies to:

Independently take responsibility for working with the body in dance and in everyday life

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

1,0 weeks

Teacher- or supervised activities of the course

19 hours

Language of instruction

Partly given in English

Improvisation/composition

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course is a cornerstone for the student's exploration of a personal movement expression and a prerequisite for the subsequent compositional work. The course gives the student the necessary knowledge of improvisation methods with the intention of releasing creative power and the ability to become creative. The student is given tools for the composition work, where great importance is placed on the analysis of their own and others' works. Composition aims to train the student to develop his/her ability to create movement compositions, which is a prerequisite for the choreographic work..

Goal

After completing the course, the student have:

Knowledge about:

Necessary knowledge and tools in improvisational methods in order to provide the ability to be creative in dance.

The bodily listening, the own movement in relation to the room and the others. About tools and methods in composition

Skills in:

Be present in bodily listening.

Deepen your own physical language and reflect in an abstract way of thinking.

Understand the dramaturgy of dance in relation to time/space and energy.

Competences to:

Independently responsible for their knowledge development in the creation of dance.

Professionally use the various tools of dance as a basis for movement composition.

Take an independent, critical and responsible approach in relation to the free creation in dance.

Teaching forms

Exercises in improvisation and composition based on the concepts of time/space and power individually and in groups. Exercises in physical listening. Exercises in conducting reasoning around one's own experience of improvisation/composition. Exercises in conducting general reasoning around improv/comp in a historical and socio-cultural perspective

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

6,3 weeks

Teacher- or supervised activities of the course

124,5 hours

Language of instruction

Partly given in English

B A L E T T A K A D E M I E N

STOCKHOLM

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Choreography

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course gives the students tools and craftsmanship in the choreographer's working methods, conditions and methods. The course contains practical tools in choreography exercises but also briefings on how to rehearse with an ensemble and at the same time be a creative artist. Questions such as: What instructions does a choreographer give to the dancers in the rehearsal situation? How is a movement created, how do dance sequences communicate with each other and how can the student transform these sequences into meaningful choreography?

Goal

After completing the course, the student have:

Knowledge about:

Choreographic models based on music, image/mood and epic/story as well as based on the absolutely contemporary in dance:

Choreographers different styles.

The choreographer's role as artist and supervisor, educator.

Score studies.

Choreography's place in the present and in history.

Rehearsal technique and planning a) create movement b) communicate dance sequences to each other, c) bodily perceive these sequences into meaningful phrases.

Skills in:

Describe, analyze and interpret form, technique and content as well as critically reflect on one's own and others' artistic approach in the field of choreography
Demonstrate the ability to independently create, realize and express own ideas in the field of choreography, identify, formulate and solve artistic and creative issues, as well as carry out artistic tasks within given time frames

Competences to:

Identify and make visible the need for additional knowledge and competence and thus take responsibility for your own knowledge development.

Work as an independent dance artist in various activities within performing arts.

Take an independent, critical and responsible approach in relation to your own artistic activity.

Collaborate interdisciplinary with other art forms.

Teaching forms

Practical exercises through different tools in the creation of choreography in the different genres.

Theoretical overviews as well as the history and contemporary history of choreography.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

1,2 weeks

Teacher- or supervised activities of the course

22,5 hours

Language of instruction

Partly given in English

B A L E T T A K A D E M I E N

STOCKHOLM

Exercises in score reading.

Exercises in the different phases of the artistic process.

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Pedagogy

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

Through dance didactics and dance pedagogy, the students get a practical introduction to how to work with learning in and through dance for children, young people and adults.

Goal

After completing the course, the student have:

Knowledge about:

Pedagogical models based on the choreography course.
The own didactic and pedagogical identity

Skills in:

Create customized exercises for each age and level.

Competences to:

Develop your own educational identity.
Independently take responsibility for the development of new methods.

Teaching forms

Thematic studies.
Exercises in basic pedagogical tools.
Reflections and analyses of the difference between didactics and pedagogy

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

0,1 weeks

Teacher- or supervised activities of the course

3 hours

Language of instruction

Partly given in English

Internship

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

Internship within your own dance group or your own chosen group. During the spring there is an opportunity to do an internship/auscultation at Skånes Dansteater and Norrdans. Internship/auscultation generates stimulation and motivation for innovative thinking within one's own knowledge development.

Goal

After completing the course, the student have:

Knowledge about:

The different orientations within the dance profession - as a dancer and dance teacher. Practical execution of a lesson.
The practical implementation of a study plan.

Skills in:

To reflect and analyze the pedagogical work before a progression in learning

Competences to:

Independently prepare and practically carry out a short dance course for selected age group.
Independently reflect and analyze the course for further knowledge development.
Independently prepare the choreography course from a pedagogical perspective as a creative leader.

Teaching forms

Internship within the own dance group. Auscultation at Skånes Dansteater, Norrdans or your own chosen free dance group

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

0,1 weeks

Teacher- or supervised activities of the course

3 hours

Language of instruction

Partly given in English

Project

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The project work gives the student space and personal responsibility in choreographic work that runs for five weeks at the end of the second semester. The project work gives the student knowledge of scenic expressions, lighting design, scenography and costume. It should stimulate the students to creativity and innovative thinking.

Goal

After completing the course, the student have:

Knowledge about:

Basic rehearsal work in dance as well as lighting, costume and mask for stage.

Skills in:

Be able to plan an artistic process in choreography for a public performance on stage.

Be able to instruct dancers choreographically on stage.

Be able to use the knowledge of working methods, prerequisites and methods obtained through the education's courses, for example dance training, improvisation/companion, choreography and rhythm/music.

Competences to:

Be independently responsible for the creation and production of a choreography for a public stage.

Teaching forms

During the first four weeks, the students must develop a choreography that results in a public performance.

During the final week, the students must summarize the educational year in a short artistic performance.

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks.

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

2,1 weeks

Teacher- or supervised activities of the course

45 hours

Language of instruction

Partly given in English

Eurhythmics/music

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About course

Content

The course provides an in-depth skill in perceiving, translating and expressing the elements of music in dance. This by practicing the plastic and musical value of the gesture; to provide a musical body technique and express this through improvisation and in established choreographic form. The student must be able to use listening as a meaning-making act between dance and music, as well as to interpret, portray and teach a chosen instrumental piece choreographically. The course provides the opportunity to gain knowledge about the various elements of music translated into movement.

Goal

After completing the course, the student have:

Knowledge about:

The role of music for the dancer, choreographer and dance educator.
The different elements of music.
Differences between art music, folk music, popular music and non-European music.
About the history of Western music.

Skills in:

Perceive, translate and express the elements of music in dance.
Appreciate the plastic and musical expression of the gesture.
Using musical body technique.
Using listening as a meaning-making act between dance and music.
Study score in order to create a counter part in a dance score.

Competences to:

Independently work artistically with dance based on the elements of the music.
Using the musical terms in the creation of dance.
Collaborate with musicians artistically and equally in dance and music.

Teaching forms

Through movement/dance
train rhythm, pulse, time signatures, dynamics, harmony, melody, and phrasing technique.
Practical theory through movement/dance.
Movement and music improvisations. Score studies

Course facts

The education that the course is part of
The Modern/Contemporary Dance Education

Education number and round
KK0025, round 5

Decision date for the syllabus
20250217

Schedule of the course
1,2 weeks

Teacher- or supervised activities of the course
24 hours

Language of instruction
Partly given in English

B A L E T T A K A D E M I E N

STOCKHOLM

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Theory

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course contains investigative work in non-European dance and modernism up to contemporary dance. Related arts are music and visual art which are also included in the course.

Goal

After completing the course, the student have:

Knowledge about:

How music and visual arts influence choreographers and educators in their creation of dance and teaching.

About dance seen from the work fields and definitions of other art forms.

About the importance of the arts in and for society.

Skills in:

In any reporting form, show the similarities and differences between the creation of dance, music and visual arts.

Based on the art of dance, be able to highlight how the surrounding society affects choreographers and dance educators.

Be able to demonstrate how the art of dance affects social development.

Competences to:

Independently establish your own identity as a dance artist in a historical and contemporary context.

Teaching forms

Thematic works with freely chosen practical reporting forms. Outreach activities, dance improvisations, in museums and galleries. Visiting concerts

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Kursfakta

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

0,1 weeks

Teacher- or supervised activities of the course

3 hours

Language of instruction

Partly given in English

Yoga

Detailed syllabus. The document can be found under "All files and links" in Schoolsoft.

About the course

Content

The course is in functional yoga. Basic theory in physiology and mechanisms of action connected to yoga training, in anatomy and own body knowledge. The course provides increased body control, coordination, strength and flexibility. The course also provides knowledge in principles that can strengthen the nervous system such as breathing and meditation exercises.

Goal

After completing the course, the student have:

Knowledge about:

Physiological and mental action mechanisms of yoga training.

Skills in:

Promote interoception and provide skills in developing body control Mobility and technique.

Strengthen muscles and soft tissue around joints.

Create conditions for relaxation and recovery

Competences to:

Independently take responsibility for your own practice.

Forms of teaching

Physical yoga classes with a strong focus on anatomy, biomechanics and interoception.

Knowledge check

Knowledge control is done practically through ongoing individual supervision and completed practice tasks

Study certificate

Certificates are issued when the student has achieved all goals for the course, actively participated and completed and reported the course's parts and assignments. The certificate is included in the educational certificate.

Course facts

The education that the course is part of

The Modern/Contemporary Dance Education

Education number and round

KK0025, round 5

Decision date for the syllabus

20250217

Schedule of the course

0,7 weeks

Teacher- or supervised activities of the course

15 hours

Language of instruction

Partly given in English