DANS 134 - Ballet Level I Course Outline

Approval Date: 08/05/2009
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SECTION A

Unique ID Number CCC000502859
Discipline(s) Dance
Division Kinesiology & Athletics
Subject Area Dance
Subject Code DANS
Course Number 134
Course Title Ballet Level I
TOP Code/SAM Code 1008.00 - Dance, General / E - Non-Occupational
Rationale for adding this course to the curriculum CLO update
Units 1 – 1.5
Cross List *N/A*
Typical Course Weeks 18

Total Instructional Hours

	Contact Hours
Lecture	0.00 to 0.00
Lab	0.00 to 0.00
Activity	36.00 to 54.00
Work Experience	0.00 to 0.00
Outside of Class Hours	18.00 to 27.00

Total Contact Hours 36 to 54
Total Student Hours 54 to 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description The Ballet level I course introduces the first time ballet student to the history of ballet, the introductory vocabulary, foot and arm positioning, proper alignment, and basic barre, center and locomotor ballet movements.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

   A. Demonstrate knowledge of dance technique to safely participate in dance activity/genre.
   B. Understand basic principles of anatomy, and biomechanics that apply to dance activity / genre.
   C. Value the psychological and sociological concepts that apply to dance genre.
   D. Apply knowledge of health and wellness to develop an informed, personal approach to mental and physical health.

2. Course Objectives: Upon completion of this course, the student will be able to:

   A. Demonstrate five basic ballet positions of feet and arms.
   B. Demonstrate proper vertical body alignment.
   C. Demonstrate proper pointing of the foot.
   D. Perform the barre techniques in first position including but not limited to: Demi-plie', Battement Tendu, Releve'.
   E. Perform entry-level locomotor ballet movements based on walking, skipping, and one leg balance or kick (Grand Battement).
   F. Perform the center floor techniques involving weight change and balance. Techniques reiterate barre techniques including but not limited to: Demi-plie', Battement Tendu, Releve'.
   G.

3. Course Content

   A. Introduction
      a. History of ballet
      b. The vocabulary of ballet is French
      c. Ballet is a classical and very disciplined form of dance
      d. Classroom etiquette and the culture of the ballet classroom.
   B. Ballet Technique (including basic biomechanics and anatomic alignment cues for safely executing movement)
      a. Five basic foot positions
      b. Five basic arm positions
      c. Proper body alignment
      d. Technique used at the barre

          a. Plie' - (demi')
          b. Battement
               a. Tendu'
               b. Degage'
          c. Develope'
          d. Grand Battement
          e. Tendu arabesque
          f. Releve'
      e. Techniques used on the center floor
          a. Port de bras
          b. Tendu
          c. Demi-plie' (stationary and transition)
          d. Changement
          e. Pas de Basque
          f. Basic develope' as adagio preparation
          g. Pirouette preparation
      f. Techniques moving across the floor
          a. Chasse'
          b. Chaine
          c. Walking with epaulement
          d. Walking adding balance work such as arabesque
  C. Basic ballet combinations performed to different types of music to introduce rhythmic competency.
  D.

4. Methods of Instruction:

  Activity: Basic techniques of ballet

  Discussion: Instructor or student-directed discussion relating to any lecture material.

  Lecture: Formal lecture on subject matter with relating textbook assignment or handout, informal or impromptu lecture arising directly from the dancing experience.

  Observation and Demonstration: Instructor physically demonstrating movement patterns, dance combinations, floor, axial and locomotor exercises or techniques.

  Projects: Student researches contemporary status of a dance genre utilizing library and internet resources or interview a contemporary dance artist for research. Student may also include personal dance experience as research material.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

  Exams/Tests -- 1. Vocabulary test on terminology. 2. Technique practical exam.

  Class Participation -- 1. Exercise 2.Evaluation

  Home Work -- 1.reading assignments 2. practice technique

  Final Exam -- 1. vocabulary 2. technique 3. principles

Additional assessment information:

  Attend a ballet performance or watch a video performance and comment on the viewing experience.

  Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

  A. Reading Assignments

Students will be required to read text assignments and will be given handouts during the semester.

Example:Technical Manual and Dictionary of Classical Ballet

Text Assignments:History of Ballet
B. Writing Assignments
   Students will be given written assignments.
   Examples:
   Observe the video of Swan Lake and comment on ballet technique that you recognize from class exercises.

   List and describe the four major epochs of ballet history.
C. Other Assignments
   Students will be expected to perform basic ballet movements to music.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:
Author: Grant, Gail
Title: Technical Manual and Dictionary of Classical Ballet
Publisher: Dover Publications, Inc
Date of Publication: 2016
Edition: 5th

B. Other required materials/supplies.