

DANC A110: BALLET 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
Associate Science Local General Education (GE)	• OCC Arts - AS (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Introduces and develops movement principles and skills necessary for the study of classical ballet. Course will include ballet terminology, use of "turnout" positions of feet and legs, alignment of spine and placement of weight at the barre, in center floor and traveling patterns. Instruction is at the beginning level. Transfer Credit: CSU; UC. NOTE: This course is one of a family of courses in this subject matter. Enrollment may be limited due to State regulations. Please consult your academic counselor for clarification.

Course Level Student Learning Outcome(s)

1. Demonstrate improved body alignment and body placement while executing an appropriate level of ballet movement vocabulary.
2. Identify and define appropriate level ballet vocabulary.
3. Successfully perform ballet combination with style, performance quality and spatial and rhythmic accuracy.

Course Objectives

- 1. Demonstrate knowledge of ballet terminology.
- 2. Demonstrate appropriate technical skill level in ballet at the barre and in center floor work.
- 3. Demonstrate improved flexibility, strength, increased range of motion, control and balance.
- 4. Demonstrate an understanding of the concepts of spine alignment, weight placement, "turn-out."
- 5. Express the ability to concentrate on class work, self-direct work habits and participate in class group assignments.
- 6. Identify significant ballets, choreographers, performers and styles.
- 7. Demonstrate critical thinking in the writing of dance papers and critiques.

Lecture Content

Orientation Class procedures and requirements Student goals and discussion of prior experience

Lab Content

Activity Concepts and movement activities experiencing alignment, use of feet and legs in "turned out" positions, transfer of weight, pelvic stability Proper method of stretching How to stand at the barre Barre work to build strength Basic ballet vocabulary Center floor work Same principles as barre but without support Principles of "turning" spotting Jumps in place; concept of "takeoff" and "landing" Movements across floor Warm-down Critical thinking; critique and/or discussion of concerts

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and demonstration, individual and small group practice skill test performance, and instructor and peer evaluation.

Reading Assignments

Assigned reading from instructor handouts.

Writing Assignments

Written critiques, written notes from reading assignments, skill test, written tests.

Out-of-class Assignments

Practice for skill development.

Demonstration of Critical Thinking

Skill demonstrations, observation, attendance, teacher and student evaluation, dance paper.

Required Writing, Problem Solving, Skills Demonstration

Written critiques, written notes from reading assignments, skill test, written tests.

Textbooks Resources

1. Required Hammond, Sandra Noll. Ballet Basics. , ed. Columbus: McGraw Hill, 2003 Rationale: -
2. Required Hammond, Sandra Noll. . Beyond the Basics. , ed. Columbus: McGraw Hill, 1982 Rationale: -