

DANC A113: POINTE WORK

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

A course teaching the technique and movement skills needed to perform classical ballet on 'pointe'. Includes preparation and care of pointe shoes. ADVISORY: Intermediate level ballet technique, validated in class during the first week of the course. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Demonstrate an appropriate skill level using "pointe" techniques on movement vocabulary at the barre and in center floor.
2. Demonstrate classical and/or contemporary ballet style in the performance of movement patterns taught on pointe.
3. Discuss the historical significance of "pointe" work within the classical ballet style.

Course Objectives

- 1. Demonstrate the differences in body alignment and shifts of weight when on "pointe" shoes.
- 2. Demonstrate improvement in strength and endurance in use of feet and legs.
- 3. Demonstrate a "pointe" movement vocabulary at the barre and center floor exercises with technical accuracy.
- 4. Understand the history of the use of "pointe" shoes and the significant role it played in the development of classical technique.
- 5. Perform a ballet combination using point shoes.

Lecture Content

Review of intermediate ballet concepts and skills History of the "pointe" shoe Safety considerations of "Pointe" work Preparing and caring for pointe shoes Discuss the historical significance of "pointe" work within the classical ballet style. Discuss the principles of alignment and anatomical structure of the lower extremities, functional biomechanics, joint articulation, weight placement, and movement in pointe shoes. Discuss core strength exercises

Lab Content

Warm-up and conditioning exercises. Barre work specifically for pointe work. Core and foot strengthening exercises. Classical por de brass coordinations. Work on body alignment when standing on pointe and on flat shoes. Center floor exercises including: across the floor working on ballet walks, runs and bourees adagio and allegro steps for pointe. balance and turns on two feet and single foot support. Short movements phrases design for pointe work. Skill and performance demonstration of a short ballet piece on pointe.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and demonstration, discussion, individual/paired/small group work, instructor feedback, video viewing

Writing Assignments

Critique paper of live performance 2 to 4 hours

Out-of-class Assignments

Practice/ review class center exercises. 4 to 8 hours online research 4 to 8 hours video viewing 4 to 8 hours online reading assignment 4 to 8

Demonstration of Critical Thinking

Critique paper on live performances.

Required Writing, Problem Solving, Skills Demonstration

Critique paper, written tests and skill tests.

Eligible Disciplines

Dance: Masters degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelors degree in any of the above AND masters degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Masters degree required.

Other Resources

1. The Pointe Book, Janice Barringer and Sarah Schlesinger. (latest edition) Selected handout materials will be provided and distributed by the instructor. Video tapes of classical ballet and pointe skills.