

DANC A114: BALLET FLOOR BARRE AND CORRECTIVES

| Item | Value |
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| Curriculum Committee Approval Date | 02/09/2022 |
| Top Code | 100800 - Dance |
| Units | 1 Total Units |
| Hours | 36 Total Hours (Lecture Hours 9; Lab Hours 27) |
| 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) |

Course Description

This course is designed for students who want to enhance their dance training. Through a series of exercises performed on the floor to simulate the ballet barre, and with the use of an exercise ball, students will focus on core strength, weight placement and alignment of the body through carefully designed exercises to trigger muscle memory. Progressing Ballet Technique®, an innovative body conditioning and strengthening program designed to promote a safe, long and healthy career, may be included. Transfer Credit: CSU; UC

Course Level Student Learning Outcome(s)

1. Will understand proper weight placement and alignment of the body for various dance techniques.
2. Will identify the correct muscle use in Ballet Floor Barre/ Progressing Ballet techniques and analyze their application in improving dance training.

Course Objectives

- 1. Demonstrate improvement in core strength and stability.
- 2. Demonstrate an increase in flexibility and range of motion.
- 3. Demonstrate knowledge of Ballet and dance terminology as it pertains to this course.
- 4. Demonstrate improved muscular strength and body alignment.
- 5. Understand the principles of Floor Barre Technique or Progressing Ballet Technique.

Lecture Content

Lecture: Ballet / Dance terminology Anatomical terminology Principles of Ballet Floor Barre Technique Principles of Progressing Ballet Technique Principles of alignment, strength, flexibility, balance Correct muscular use in relation to these techniques Methodology for a safe, long and healthy career Theories of improved alignment, and for ease of movement

Lab Content

Lab: Basic strength and flexibility exercises on the floor to improve alignment, for abdominals, back, torso, legs, and arms Exercises for

core strength and weight placement Ballet Barre exercises Progressing Ballet Technique® exercises Use of exercise balls, therabands and other equipment to aid in strength and flexibility Exercises for correct breathing techniques Techniques for strengthening and stretching

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and demonstration, active participation as individual and pairs/ small group work, instructor feedback, skill testing, video viewing, theoretical reading, and written assignments.

Reading Assignments

Students will read assigned handouts or online articles.

Writing Assignments

Students will spend 1 hour a week journaling about coursework, self-evaluations, and other dance training or performances.

Out-of-class Assignments

Students will spend approximately 1 hour a week practicing skills learned in class and/or on assigned viewing.

Demonstration of Critical Thinking

Attendance, participation, improvement in strength, flexibility and alignment. Skills demonstration, written work, and exams.

Required Writing, Problem Solving, Skills Demonstration

Written journal, dance critiques, and proficiency demonstration of physical skills.

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.