

DANC A172: BALLET DANCE BASICS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	2 Total Units
Hours	72 Total Hours (Lecture Hours 18; Lab Hours 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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 3 Arts and Humanities 3B Active Participation (OC2) • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
Associate Science Local General Education (GE)	• Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

A course designed for students without previous knowledge of ballet. This course introduces movement principles and concepts of classical ballet technique. Attention is focused on correct body alignment of the spine, the proper use of "turn out" at the hip and the correct placement and use of feet. The course presents basic ballet terminology, barre, ballet stretches, center floor and traveling patterns. Instruction is at the most basic 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, flexibility, strength and balance.
2. Identify and define basic ballet vocabulary and history.
3. Demonstrate basic ballet steps with rhythmic accuracy.

Course Objectives

- 1. Demonstrate knowledge of basic ballet terminology.
- 2. Demonstrate basic skill level in ballet at the barre and in center floor work without or with limited use of the arms.
- 3. Demonstrate improved flexibility, strength, and balance.
- 4. Show improved ability to keep alignment, turn out and proper use of the feet.
- 5. Identify different rhythms used in class.

- 6. Identify historical influences on ballet's artistic development.
- 7. Demonstrate critical thinking in the writing of dance papers and critiques.

Lecture Content

Dance as a performing art Basic alignment concepts Classroom etiquette Music tempo, rhythm and phrasing The origins of ballet Basic ballet terminology Basic stretching techniques

Lab Content

Basic foot and arm positions Turn out exercises How to stand at the barre Placement of the arms when preparing Barre work to strengthen alignment Barre work to improve balance and strength Basic stretching techniques to improve flexibility Traditional barre stretches Floor stretches to be practiced at home Center floor work Organization of lines in space Proper changing of lines Movements practiced at the barre without support Fundamental movements across floor Basic cool down Critical thinking; critique and/or discussion of concerts

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and class discussion of varied topics in dance, demonstration of exercises and combinations, individual and group verbal and physical corrections, analysis of movement mechanics and movement intention, style and quality, and assignments which develop critical thinking skills and an understanding of dance aesthetics.

Reading Assignments

Articles or assigned text

Writing Assignments

Written self-evaluation of video taped skill tests and identification of student dance goals. Paper and/or class analysis of choreography viewed in live performance

Out-of-class Assignments

Attendance of faculty or student dance concert and professional ballet concerts Outside rehearsals of skills practiced in class

Demonstration of Critical Thinking

written assignments

Required Writing, Problem Solving, Skills Demonstration

Skill demonstrations, observation, attendance, written test

Textbooks Resources

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