

DANC A244: BALLET IV

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
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Active Participation - AA (OC2) • 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

An advanced technique course in classical ballet, emphasizing movement skills at the barre, in center floor and traveling patterns. Complex movement combinations, extensive ballet terminology and diverse rhythms will be introduced throughout the semester. Students should be prepared to participate at the first class meeting. PREREQUISITE: DANC A144 or successful audition; This prerequisite will be validated in class during the first week of the course. 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. Identify and define advanced ballet vocabulary and ballet styles.
2. Demonstrate advanced technical skills with improved control and range of motion.
3. Demonstrate an understanding of kinesiology as it relates to ballet and injury prevention.
4. Successfully perform ballet combinations with style, performance quality and spatial and rhythmic accuracy at the advanced level.

Course Objectives

- 1. Recall advanced ballet terminology.
- 2. Demonstrate advanced technical skill level in ballet at the barre and in center floor work.
- 3. Demonstrate improved control while on demi-pointe or pointe with improved range of motion while performing advanced combinations.
- 4. Demonstrate an understanding of kinesiology and injury prevention as it relates to ballet.

- 5. Demonstrate an ability to concentrate on class work, self-directed work habits and participate in class group assignments.
- 6. Recognize and identify significant different styles of ballets and famous performers.
- 7. Demonstrate critical thinking in the writing of dance papers, self-evaluations and critiques.

Lecture Content

Review of high intermediate ballet concepts and skills Introduce and explain advanced ballet concepts and skills Review and build on high intermediate ballet vocabulary Different styles of ballets and famous performers Proper alignment and safety issues

Lab Content

Warm-up and conditioning exercises at the advanced level Barre exercises Advanced level vocabulary Review of alignment and study of kinesiology and injury prevention Use of extensive work en demi-pointes Longer, more complex sequences improving alignment, pelvic stability, balance incorporating all diagonal exercises Center floor patterns Traveling exercises using epaulment Extended adagio: "corps et bras," balance, control, musicality, and artistry Extended "Petit allegro": small, fast jumps with beats Turns: multiple inside and outside turns, "tour en l'air," "assemble en tournant" Rapid directional changes, "detourne d'age" and "fouette en relevé" Turns across the floor "Piques, en dehors and endedans," chaines, Jumps that also turn such as "tour jetes" and "Fouette sauté en tournant" Patterns traveling across floor or around the room Style, technical skills, musicality Energy/quality; personal interpretation Performance skills Quality and style Musicality Clarity of technique

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 tests

Required Writing, Problem Solving, Skills Demonstration

Performance skills tests, teacher observation, written assignments

Textbooks Resources

1. Required Hammond, Sandra. Ballet: Beyond the Basics, ed. Mayfield Publishing Company , 2011

Other Resources

1. Handouts to be provided and distributed by the instructor.