

# DANC G120: BALLET 1 - BEGINNING

Item	Value
Curriculum Committee Approval Date	12/01/2020
Top Code	100800 - Dance
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; 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)
Local General Education (GE)	• GWC Arts, Lit, Phil, Lang (GC) • GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: Ballet 1. Instruction and practice in fundamental ballet techniques and correct use of ballet terminology at a beginning level. Students will learn basic alignment, warm-ups, barre work, centre floor adagio and allegro dance combinations. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform the required ballet barre exercises and techniques at a beginning level.
3. Demonstrate improved body alignment, balance, coordination, strength, flexibility, endurance and movement memory at a beginning level.
4. Use ballet terminology and basic principles of ballet history and genres to facilitate critical evaluation of a live dance concert performance at a beginning level,
5. Demonstrate beginning level centre floor exercises and combinations including but not limited to port de bras, adagio, allegro, turns, battement and grand reverence at a beginning level.

## Course Objectives

- 1. Perform appropriate warm-up exercises and techniques for a beginning level ballet class.
- 2. Move rhythmically and accurately to complex and varied musical accompanist at a beginning level.
- 3. Demonstrate awareness of ballet performance techniques at a beginning level.

## Lecture Content

Introduction to proper beginning ballet techniques Barre Centre-floor Exercises and combinations across the floor Five basic ballet positions Vocabulary of ballet terms in French Plié Tendu Battement Rond de jambe Développé Port de bras Adagio Relevés Arabesque Attitude Chassé Pirouette Chaîne Jeté Sauté Révérence Qualities of ballet performance Alignment Balance Coordination Strength Flexibility Endurance Movement memory History of ballet French Russian Danish Italian British American Introduction to important historic figures in ballet Marius Petipa Michel Fokine August Bournonville Enrico Cecchetti Frederick Ashton George Balanchine Guidelines for attendance and observation at a live concert dance performances for the purpose of written critical evaluation.

## Lab Content

Ballet warm-up exercises Combination of the above Head, shoulder, arm and ankle circles Side bends Flex-point combinations Hamstring stretches Barre work Plie-grand and demi-in 1st, 2nd, 3rd, 4th, and 5th position of the feet Battement Tendu Battement Degagé Battement Frappé Rond de jambe à terre en dehors and en dedans Petit Battement Balançoire Leg stretches Développé Grand Battement Centre Floor Exercises Port de Bras - carriage of the arms Adagio combinations Relevés Pliés Développés Promenade Pas de bourrés dessus-dessous Glissade Arabesque Attitude Bourré Waltz step Pirouette Chaîne turns Allegro combinations Chassé Échappé Pas de chat Grand jeté Arabesque sauté Assemble Ballonné Temps levé Sissonné Turns Châinés Piqué Pirouette Jumps Sauté in all positions Entrechat-quatre Royale Changement Grand révérence

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Reading Assignments

Instructor provided handouts on Ballet terminology and vocabulary Analysis and critiques of written materials (books, digital, online) as assigned

## Writing Assignments

Attendance at a live ballet dance concert for the purpose of written critical evaluation

## Out-of-class Assignments

Analysis and critiques of visual materials (video, DVD, digital, online) as assigned Attendance at a live ballet dance concert for the purpose of written critical evaluation

## Demonstration of Critical Thinking

Written critical evaluation of a live ballet dance concert Identification and definition of ballet terminology and vocabulary

## Required Writing, Problem Solving, Skills Demonstration

Skills demonstration and tests of ballet barre techniques, centre floor adagio and allegro. Skills demonstration and tests on learned movement

combinations as part of mid-term and final examinations. Written quizzes on ballet terminology and vocabulary

## **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.

## **Textbooks Resources**

1. Required Hammond, S. N.. Ballet Basics , 5th ed. McGraw Hill, 2003  
Rationale: This is a classic textbook.

## **Other Resources**

1. Instructor provided handouts Appropriate ballet dancewear and/or leotard, tights or leggings and ballet shoes Optional digital and/or online recordings of accompaniments Optional digital and/or online video and audio recordings