

# DANC G255: BALLET 4 - PROFESSIONAL

Item	Value
Curriculum Committee Approval Date	11/17/2020
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)

## Course Description

This course provides professional-level ballet technique for barre, centre combinations, and adagio and allegro combinations. Advanced comprehension of ballet terminology, musical rhythms and ballet history will be emphasized. PREREQUISITE: DANC G220 or instructor permission. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform barre work, centre adagio combinations, allegro combinations, turns and jumps with clarity and precision at an advanced level.
3. Demonstrate advanced ballet technical skills with improved control and range of motion while on demi-pointe or pointe.
4. Use kinesiology as it relates to ballet and injury prevention.
5. Demonstrate increased strength, flexibility and endurance through practice and repetition of advanced ballet techniques and rehearsal of ballet choreography.

## Course Objectives

- 1. Define advanced ballet vocabulary and styles.
- 2. Perform ballet combinations with performance quality, style, and spatial and rhythmic accuracy at an advanced level.
- 3. Identify periods of dance history, styles of ballets and famous ballet performers.
- 4. Compose written self-evaluations and critiques of dance.

## Lecture Content

Advanced ballet techniques concepts skills Advanced ballet vocabulary History of ballet French Russian Danish Italian British American Contemporary international ballet Qualities of advanced ballet performance Principles of ballet choreography Techniques of ballet choreography History of ballet Robert Joffrey George Balanchine Christopher Wheeldon Alexei Ratmanský Justin Peck Twyla Tharp Matthew Bourne Advanced alignment and safety issues Qualities of

advanced ballet performance Alignment Balance Coordination Strength Flexibility Endurance Movement memory Guidelines for attendance and observation at live concert ballet dance performances for the purpose of written critical evaluation

## 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 Extensive work en demi-pointes Complex sequences improving alignment, pelvic stability, balance incorporating all diagonal exercises Center floor exercises and combinations Patterns traveling across floor or around the room Extended adagio Extended Petit allegro Turns en dehors en dedans tour en l'air assemble en tournant Rapid directional changes detourne d'age fouette en releve Turns Jumps that also turn Advanced level performance skills Quality Style Musicality Artistry Clarity of technique

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Reading Assignments

Reading from textbook as assigned. Analysis and critiques of digital visual materials as assigned.

## Writing Assignments

Analysis and critiques of digital visual materials as assigned. Attendance at live ballet dance concerts for the purpose of written critical evaluation. Skills demonstration and/or written tests on learned movement skills.

## Out-of-class Assignments

Analysis and critiques of digital visual materials as assigned. Attendance at live ballet dance concerts for the purpose of written critical evaluation.

## Demonstration of Critical Thinking

Analysis and critiques of written materials (books, digital, online) as assigned Written critical evaluations of live ballet dance concerts Definition of advanced ballet terminology and vocabulary

## Required Writing, Problem Solving, Skills Demonstration

Skills demonstration and tests of advanced 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 advanced ballet terminology and vocabulary Analysis and critiques of written materials (books, digital, online) as assigned Written critical evaluations of live ballet dance concerts

## 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: Beyond the Basics, 1st ed. Waveland - Classic textbook, 2011 Rationale: Classic textbook.

## Other Resources

1. Instructor provided handouts. Appropriate ballet dancewear and/or leotard, tights or leggings, pointe shoes and/or ballet shoes. Optional

digital and/or online recordings of accompaniments. Optional digital and/or online video and audio recordings.