

CATALOG INFORMATION

Dept and Nbr: DANCE 11.1 Title: BALLET I
Full Title: Ballet I
Last Reviewed: 12/10/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 27.1

Catalog Description:
Basic techniques and principles of ballet.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of DANCE 10 (or PE 22 or PE 145)

Limits on Enrollment:

Schedule of Classes Information:
Description: Basic techniques & principles of ballet. Includes analysis of ballet as a means to physical development and as an art form. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of DANCE 10 (or PE 22 or PE 145)
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

By the completion of the course the students will be able to:

1. analyze, evaluate, and verbalize basic elements of ballet.
2. demonstrate a basic understanding of ballet history.
3. demonstrate fundamental ballet skills.
4. recognize and identify the vocabulary of ballet.
5. demonstrate correct biomechanical form as related to strength, flexibility and ballet alignment.
6. perform basic ballet combinations and compositions.
7. demonstrate an increased level of physical fitness and body awareness through ballet movement.
8. analyze ballet movement in aesthetic terms.

Topics and Scope:

I. THEORY

- A. Evolution of ballet and its relationship to the other modern art forms.
- B. Skills for development of flexibility and proper ballet alignment.
- C. English translations of ballet vocabulary to enhance understanding of the relationships between terminology and movements.

II. TECHNIQUE

- A. Practice and performance of:
 1. the wide range of steps in ballet vocabulary to develop strength, posture, balance, flexibility, and suppleness
 2. practice safe and effective stretching for the specific needs of ballet
 3. specific exercises for development of feet, leg extensions, and balance
 4. exercises for the function of the arms by themselves and as they relate to the body and to specific movements

B. Barre work to include:

1. plies, tendus, stretches, etc., through the wide repertoire of ballet warm-ups, including all body parts and muscle groups
2. preparation for Center Floor with agility and correct technique

C. Center Practice to include:

1. porte de bras
2. adage
3. exercise for balance and weight shift
4. turns
5. combinations including stationary and traveling movements with emphasis on memorization and expressive performance of the movements

D. Allegro which includes:

1. individual steps
2. turns
3. jumps
4. waltz
5. large, traveling steps and movements

Assignment:

May include any or all of the following: 1) Practice of ballet skills at the barre, across the floor and in center, 2) practice of strengthening and stretching exercises, 3) study of theoretical ballet topics and demonstration of understanding through an in-class quiz or exam.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams
10 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials