

CATALOG INFORMATION

Dept and Nbr: DANCE 11.3     Title: BALLET III  
Full Title: Ballet III  
Last Reviewed: 2/28/2022

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	3	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 27.2

**Catalog Description:**  
This course is for students who wish to continue their ballet experience and broaden their scope as dancers through the study of ballet at the intermediate level. Emphasis is on increasing kinesthetic awareness, movement analysis, development of intermediate level ballet technique, and performance skills. May include a performance in a dance concert.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of DANCE 11.1 ( or PE 27.1 or PE 146.1) and Course Completion of DANCE 11.2

**Limits on Enrollment:**  
By audition the first day of class

**Schedule of Classes Information:**  
Description: For students who wish to continue their dance studies through the technique and principles of ballet at the intermediate level. May include a performance in a dance concert.  
(Grade or P/NP)  
Prerequisites/Corequisites:

Recommended: Course Completion of DANCE 11.1 ( or PE 27.1 or PE 146.1) and Course Completion of DANCE 11.2

Limits on Enrollment: By audition the first day of class

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course, the student will be able to:

1. Demonstrate proper alignment in the performance of ballet movements.
2. Perform intermediate level ballet skills and techniques.
3. Demonstrate the strength and flexibility required to perform ballet movements at the intermediate level.
4. Perform intermediate level ballet combinations with performance dynamics and qualities.
5. Analyze ballet movement both physically and aesthetically.
6. Choreograph and/or stage a ballet combination.
7. Discuss various ballet genres (classical, romantic, and contemporary).
8. Demonstrate musicality (the ability to relate to music through dance movement).
9. Analyze ballet movement in terms of current technical standards and in relation to dance injury prevention.

### **Topics and Scope:**

#### **I. Theory**

- A. Ballet aesthetics
- B. Ballet movement analysis
- C. Ballet genres, such as Classical, Romantic and Contemporary
- D. Injury prevention in ballet

#### **II. Technique**

- A. General ballet techniques including practice of:
  1. intermediate ballet steps and movements to develop strength, flexibility, physical and mental agility

2. proper alignment
  3. balances
  4. development of kinesthetic awareness
  5. incorporation of performance qualities and dynamic capacities in the performance of all movement in class, from warm-up through the final bow (reverance)
- B. Floor barre and traditional barre work to include:
1. a wide repertoire of intermediate level ballet warm-ups
  2. strengthening and flexibility of the body's core and the back
  3. barre combinations incorporating complexity and technical challenges commensurate with the intermediate level
- C. Center practice to include:
1. porte de bras
  2. adage
  3. pirouettes
  4. petite and grande allegro
  5. waltz
  6. extended combinations incorporating complexity and technical challenge commensurate with the intermediate level
  7. reverance (final bow)
- III. Ballet composition fundamentals
- A. Designing and staging ballet movement - choreographic devices in ballet compositions
- B. Relationship of choreography to music
- IV. Musicality - timing, phrasing, mood
- V. Current approaches to ballet technique and dance injury prevention

### **Assignment:**

May include any or all of the following -

- 1) One- to two-page paper on one of the following:
  - a) Critique of a live ballet performance
  - b) Report on a ballet-related topic that demonstrates an awareness of ballet aesthetics and genres
  - c) Analysis of current trends in ballet
- 2) Practice and study of intermediate level ballet skills
- 3) Practice of performance skills and qualities throughout each technique class
- 4) Memorization of dance sequences
- 5) Choreography and/or staging of a ballet combination either alone, with a partner, or in a small group
- 6) Practice of exercises to further strengthen and/or stretch muscle groups required to execute ballet movements at the intermediate level (both in class and outside of class)
- 7) Participation in class discussions
- 8) Physical analysis of ballet movement (verbal; i.e., as part of a class discussion, or written)

### **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.

Term papers

Writing  
10 - 20%

**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.

None

Exams  
0 - 0%

**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