DANCE 11.1 Course Outline as of Fall 2013

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	1.50	Lecture Scheduled	0.75	17.5	Lecture Scheduled	13.13
Minimum	1.50	Lab Scheduled	2.25	6	Lab Scheduled	39.38
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25 Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PE 27.1

Catalog Description:
This course for beginning (Level I) dancers covers beginning ballet principles and skills in the areas of technique, movement, vocabulary, style, and musicality. The course also includes basic ballet aesthetics and performance skills.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of DANCE 10.1 (or DANCE 80.1)

Limits on Enrollment:

Schedule of Classes Information:
Description: This course for beginning (Level I) dancers covers beginning ballet principles and skills in the areas of technique, movement, vocabulary, style, and musicality. The course also includes basic ballet aesthetics and performance skills. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of DANCE 10.1 (or DANCE 80.1)
Limits on Enrollment:

Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

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:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
Upon completion of this course, the student will be able to:
1. Utilize ballet terminology to describe beginning (Level I) ballet movement.
2. Perform beginning ballet warm-ups, techniques, stretching, strengthening exercises, center and across the floor exercises.
3. Explain technical principles incorporated in beginning (Level I) ballet dance and apply these principles to the execution of beginning ballet movement.
4. Perform beginning (Level I) level enchainments (chains of steps).
5. Display performance skills in presentations of beginning (Level I) ballet class choreography.
6. Identify basic rhythmic concepts incorporated in beginning (Level I) ballet dance and relate them to the execution of ballet movement.
7. Count beginning (Level I) ballet movement sequences.
8. Critique a ballet performance or a ballet piece applying basic ballet aesthetics and beginning (Level I) ballet principles.

Topics and Scope:

I. French ballet terminology and corresponding ballet movement vocabulary
II. Level I staging terms
III. Level I ballet technique
  A. Technical principles
1. alignment
2. turn-out
3. use of plie
4. releve
5. extension
  B. Directions
1. en face
2. croise
3. efface

C. Body positions
1. en dehors
2. en dedans
3. en avant
4. en arriere
5. devant
6. derriere
D. Positions and movements of the arms (port de bras)
E. Positions and movements of the feet and legs
F. Turns
G. Jumps
H. Adagio
I. Petit allegro
J. Grand allegro
K. Reverence

IV. Level I enchainments
V. Supplementary strengthening and stretching
VI. Ballet movement qualities
VII. Performance skills
A. Projection
B. Dynamics
C. Style and facial expression
D. Musicality

VIII. Rhythmical principles for Level I ballet
IX. Counting Level I ballet movement
X. Level I ballet movement execution
A. Verbal descriptions
1. Ballet terminology
2. Use of imagery
3. Biomechanics
B. Demonstration of movement
C. Tactile information
D. Kinesthetic awareness enhancing tools or methods
E. Corrections
F. Critical analysis of performed movement

XI. Critiquing ballet choreography - what to look for in a ballet work

Assignment:

Homework:
1. Weekly practice of ballet skills and or choreography covered in class sessions
2. Memorization and practice of enchainments
3. Perform exercises to strengthen and/or stretch muscle groups required to execute ballet movements
4. Written critique of a dance piece or performance. (2 - 3 pages)
5. Reading of handouts and/or selected readings (5-10 pages per week)

In class assignments include:
1. Ballet technique class activities assessed in terms of overall improvement (class performances)
2. 1 to 3 performance exams (performance of Enchainments)
3. Note-taking

4. Practice sessions
5. Final exam

Optional assignments:
1. Ballet video viewing and analysis
2. Partner activities focusing on ballet techniques

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.

Critique	Writing 5 - 11%

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.

Exams and Quizzes	Exams 5 - 11%

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

Attendance and participation, partner activities, video viewing and analysis	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials
The Ballet Companion: A Dancer's Guide to the Techniques, Traditions, and Joys of Ballet (1st). Minden, Eliza Gaynor. Simon & Schuster: 2005.