

DANC 11.3 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: DANC 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	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: DANCE 11.3

Catalog Description:

This course, for low-intermediate (Level III) dancers with prior ballet experience, covers low-intermediate (Level III) ballet principles and skills in the areas of technique, movement, vocabulary, style, and musicality. The course also includes ballet aesthetics and emphasizes performance skills as they pertain to low-intermediate (Level III) ballet.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of DANCE 11.2

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course, for low-intermediate (Level III) dancers with prior ballet experience, covers low-intermediate (Level III) ballet principles and skills in the areas of technique, movement, vocabulary, style, and musicality. The course also includes ballet aesthetics and emphasizes performance skills as they pertain to low-intermediate (Level III) ballet. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of DANCE 11.2

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:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Execute and analyze low-intermediate (Level III) ballet sequences using applicable dance vocabulary.
2. Perform low-intermediate (Level III) ballet choreography.
3. Choreograph a low-intermediate (Level III) ballet combination.

Objectives:

At the conclusion of this course, the student should be able to:

1. Utilize ballet terminology to describe low-intermediate (Level III) ballet movement vocabulary.
2. Perform low-intermediate (Level III) ballet warm-ups, techniques, stretching, strengthening exercises, center and across the floor exercises.
3. Explain technical principles incorporated in low-intermediate (Level III) ballet dance and apply these principles to the execution of low-intermediate (Level III) ballet movement.
4. Perform low-intermediate (Level III) level enchainments (chains of steps).
5. Display performance skills in presentations of low-intermediate (Level III) ballet class choreography.
6. Identify basic rhythmic concepts incorporated in low-intermediate (Level III) ballet dance and relate them to the execution of ballet movement.
7. Count low-intermediate (Level III) ballet movement sequences.
8. Critique a ballet performance or a ballet piece applying ballet aesthetics and low-intermediate (Level III) level ballet principles.

Topics and Scope:

- I. Ballet terminology and corresponding ballet movement vocabulary

II. Level III ballet technique

A. Technical principles

1. alignment
2. turn-out
3. use of plie
4. releve
5. extension

B. Directions of Movement

1. devant
2. derriere
3. en avant
4. en arriere
5. en dedans
6. en dehors

C. Eight Body positions

1. croise derriere
2. croise devant
3. en face
4. efface derriere
5. efface devant
6. a la seconde
7. ecart derriere
8. ecarte devant

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

III. Level III enchainments

IV. Supplementary strengthening and stretching

V. Ballet movement qualities

VI. Performance skills

- A. Projection
- B. Dynamics
- C. Style and facial expression
- D. Musicality
- E. Creating the illusion of effortlessness

VII. Rhythmical principles for Level III ballet

VIII. Counting Level III ballet movement

IX. Level III 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

X. Critiquing ballet choreography - what to look for in a ballet work(ballet aesthetics)

Assignment:

Writing Assignments

1. Journaling: vocabulary, facings and history.
2. Written critique of a dance piece or performance. (2 - 3 pages)
3. Reading of handouts and/or selected readings and respond. (5-10 pages per week)

Skill Demonstration

1. Ballet technique class activities assessed in terms of overall improvement (class performances).
2. 1 to 3 performance demonstrations (performance of enchainments).

Exams

1. Midterm and final vocabulary exam.
2. Midterm and final history exam.

Attendance and Participation

1. Perform exercises to strengthen and/or stretch muscle groups required to execute ballet movements.
2. Learn sequences of ballet barre exercises.
3. Partner activities focusing on ballet techniques
4. Weekly practice of ballet skills and/or choreography covered in class sessions (ungraded).
5. Ballet video viewing and analysis.

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, Note Taking	Writing 5 - 11%
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Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams	Skill Demonstrations 40 - 60%
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Exams: All forms of formal testing, other than skill performance exams.

Quizzes or exams	Exams 5 - 11%
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Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation, video viewing and analysis, partner activities

Other Category
20 - 40%

Representative Textbooks and Materials:

The Ballet Companion: A Dancer's Guide to the Techniques, Traditions, and Joys of Ballet.

Minden, Eliza Gaynor. Simon & Schuster: 2005. (Classic)

Instructor prepared materials