Outline of Instruction

Division: Health Sciences  Area: Dance

Course Number: Dance 151  Course Name: Ballet I

Prerequisite: None  Corequisite: None

Hours Required: Class: 2  Lab: 30  Credits: 1

Course Description/Purpose

The purpose of this course is to introduce the student to the study of classical ballet through traditional ballet bar, center floor and traveling ballet exercises and combinations. Included in the class is basic alignment principles, ballet vocabulary and steps and beginning combinations of ballet technique. Music accompaniment will enhance and complement the types of movements inherent to ballet dance. Emphasis is on personal growth with each class and assignment being a new challenge. Proper attire, terminology and health and safety issues are discussed. Written and skills tests are part of this course. Due to the fact that ballet dance has aerobic components, a medical release may be required. This class may be repeated for credit twice (total 3 credits).

Major Units

• Preparation/Class Consideration
  Proper dance attire
  Health and safety concerns regarding self and others within the dance space
  Anatomical health and safety concerns regarding the effects of proper ballet techniques
  Maintenance of good posture and proper body alignment throughout the class period
  Range of motion for proper execution of bar, center floor and traveling exercises
  Allowing enough time for technical skills and growth
  Awareness of body tension

• Health Maintenance/Goal Assessment
  Assessment of personal fitness needs
  Goals
  Discussion or evaluation of goals and achievements
  Benefits of ballet dance technique for physical and psychological well being
  Being responsible for applying corrections

• Development of Skills
  Differentiating the class segments
    pre-bar
    bar
    floor stretch
    center floor exercise or combinations
    traveling exercises, movement phrases
  Differentiating Movement
    musically
    stylistically
    historically
    dynamically
    differentiating energy levels for movement efficiency and clarity of dynamic range

Differentiating the Ballet Technique Terminology
  defining dance steps
  translating French to English
Educational Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive**
Each student will be responsible for identifying and recognizing:

- characteristics of each dance step using proper terminology
- characteristics of the different dynamic/energy levels utilized to accomplish specific steps and phrases of movement
- proper body alignment and posture in promoting good technical skills
- proper dance class etiquette for sharing the ballet bar and total dance space
- benefits of practicing and repeating proper skills in relation to fulfilling one's personal goals
- dance phrasing in relation to music accompaniment.

**Performance**
Each student will be responsible for demonstrating and practicing the following skills:

- ballet dance technique as exemplified at the ballet bar and in the center floor and traveling exercises
- responding to instructor's movement and questions with proper movement response
- any choreographed combinations or movement phrases as directed by the instructor
- reasonable skill goals in relation to personal assessment
- written work requested by the instructor
- the ability to pass a written exam based on course material
- safety precautions/considerations while dancing
- proper dance class etiquette.

**Attitudinal**
Each student will be expected to commit themselves to each class period physically, mentally and emotionally:

- a student must demonstrate a personal commitment to realize their full potential
- demonstrate a positive attitude and energy level by attending class regularly and promptly
- realize the positive effects of the ballet dance training regimen to promoting one's own fitness.