



# Course Outcome Summary

**Standard Course**

## **DANCE 151 Ballet I**

### Course Information

Division	Humanities and Social Sciences
Contact Hours	2
Lab	30
Total Credits	1

**Prerequisites** RDG 090 and ENGL 090 or qualifying scores on accepted placement tests

### Course Description

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 are 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).

### 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:



MONROE COUNTY  
COMMUNITY COLLEGE

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- 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.

Revised: 2/10/2016 RL