This course is for the intermediate/advanced dancer to create a better understanding and application of the exercise principles, theory, and history of the Pilates method with classical ballet barre and is designed to improve and enhance dance technique and performance. This course will include training for dancers in Pilates principles, terminology, alignment, breath, strength and flexibility exercises, injury prevention, endurance and kinesiological awareness along with elements from classical ballet barre including plié, petite battement tendu, dégagé, rond de jambe, fondu, développé, grande battement, barre stretch in all positions and basic ballet terminology. Elements from Pilates may include but are not limited to mat work, ball, magic circle, theraband, foam roller and reformer. Proper breathing techniques will be emphasized.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

- Dance G105 or Dance G106 or permission of instructor

ASSIGNED DISCIPLINES:

Dance

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[X] UC/CSU Transferable[ ] Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts) Dance (Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:

GWC AA - Area E Lifelong Understanding and Self-Development

Area E Lifelong Understanding and Self-Development
DANC G108-Pilates and Barre for Dancers

PROGRAM LEVEL LEARNING OUTCOME(S) Supported by this course:

Develop competency in modern dance, ballet, and jazz dance, in order to pursue careers in education, health and fitness, or performance arenas, or to further academic preparation in dance studies.

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. Explain and demonstrate Pilates principles, terminology and exercises at an intermediate/advanced level.
2. Explain and demonstrate principles, terminology and exercise elements of ballet barre at an intermediate/advanced level.
3. Define and explain principles of alignment, breath, strength, flexibility and injury prevention at an intermediate/advanced level.

COURSE OBJECTIVES:

1. Explain and demonstrate Pilates principles, terminology and exercises at an intermediate/advanced level.
2. Explain and demonstrate principles, terminology and exercise elements of ballet barre at an intermediate/advanced level.
3. Define and explain principles of alignment, breath, strength, flexibility and injury prevention at an intermediate/advanced level.

COURSE CONTENT:

LECTURE CONTENT:

A. Warm-up Techniques

1. Traditional exercises of the Ballet barre
2. Small muscle groups
3. Large muscle groups

B. Floor Work and Exercises

1. Pilates mat work
2. Ballet stretches
3. Breathing techniques
4. Strength training

C. Work with Equipment and Apparatus

1. Theraband stretch band, magic circle, ball, foam roller exercises
2. Ballet barre
3. Light weights

4. Pilates reformer

LABORATORY CONTENT:

Students will actively participate in the content as listed in Course Content/Lecture Content.

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments
Handouts prepared by instructor

Out-of-class Assignments

1. Attend Pilates Master Classes or live Dance concerts or productions, show evidence of attendance and submit written critique for the purpose of evaluation.

2. Extra credit viewing of Pilates DVD's, dance DVD's or films with written critique for the purpose of evaluation.

Writing Assignments

1. Students will identify Pilates terminology, exercises and techniques at an intermediate/advanced level

2. Students will identify classical ballet barre terminology, exercises and techniques at an intermediate/advanced level

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Problem Solving Exercises
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:

Students will demonstrate their understanding and execution of skills learned several times during the semester.
Required Writing, Problem Solving, Skills Demonstration:
1. Students will identify Pilates terminology, exercises and techniques at an intermediate/advanced level
2. Students will identify classical ballet barre terminology, exercises and techniques at an intermediate/advanced level

TEXTS, READINGS, AND RESOURCES:

Other:
1. Subject matter handouts from instructor

LIBRARY:
Adequate library resources include:
Comments:

Attachments:
Attached Files