**COURSE OUTLINE OF RECORD**

**Number:** DANC G120  
**TITLE:** Ballet 1 - Beginning

**ORIGINATOR:** Nannette Brodie  
**EFF TERM:** Fall 2016

**FORMERLY KNOWN AS:** Ballet 1  
**DATE OF OUTLINE/REVIEW:** 11-17-2015

**CROSS LISTED COURSE:**

**TOP NO:** 1008.00  
**CID:**

**SEMESTER UNITS:** 2.0  
**HRS LEC:** 27.0  
**HRS LAB:** 27.0  
**HRS OTHER:** 0.0  
**CONTACT HRS TOTAL:** 54.0  
**STUDY NON-CONTACT HRS RECOMMENDED:** 54.0

**CATALOG DESCRIPTION:**

Instruction and practice in fundamental ballet techniques and correct use of ballet terminology at a beginning level. Students will learn basic alignment, warm-ups, barre work, centre floor adagio and allegro dance combinations.

**JUSTIFICATION FOR COURSE:**

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**PREREQUISITES:**

**COREQUISITES:**

**ADVISORIES:**

**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[ ] UC/CSU Transferable[X] Not Transferable[ ]

**BASIC SKILLS STATUS:** Yes [X] No [ ] 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)  
Associate of Arts: Liberal Arts: Emphasis in Arts and Humanities (Associate in Arts)  
Dance (Associate in Arts)

**GE AND TRANSFER REQUIREMENTS MET:**

CSU GE Area E: Lifelong Understanding and Self-Development  
E2 - Activity Course

**COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:**
1. Demonstrate improvement in body alignment, balance, coordination, strength, flexibility, endurance and movement memory at a beginning level.

2. At a beginning level, identify, define and demonstrate comprehension of ballet terminology, history and genres to facilitate evaluation of a live dance concert.

3. Perform the required techniques at the barre and in centre floor ballet combinations at a beginning level.

**COURSE OBJECTIVES:**

1. Perform appropriate warm-up exercises and techniques for the class at a beginning level.
2. Move rhythmically and accurately to complex and varied musical accompanist at a beginning level.
3. Perform the required techniques at the barre and center floor ballet combinations at a beginning level.
4. Demonstrate improvement in body alignment, balance, coordination, strength, flexibility, endurance and movement memory at a beginning level.
5. Demonstrate awareness of performance techniques at a beginning level.
6. Demonstrate beginning knowledge of ballet terminology, history, and styles in order to evaluate a concert experience.

**COURSE CONTENT:**

**LECTURE CONTENT:**

Lecture material covering:

A. Proper beginning ballet techniques to be utilized at the barre and in center-floor exercises and combinations including demonstration and definitions of the five basic ballet positions
B. Vocabulary of ballet terms in French including but not limited to pliés, tendu, battement, rond de jambe, developpé, port de bras, adagio, relevés, releve, arabesque, attitude, chassé, pirouette, chaine, jeté, sauté and reverence
C. Qualities of ballet performance including examples and techniques of alignment, balance, coordination, strength, flexibility, endurance and movement memory
D. History of ballet and ballet style variations including French, Russian, Danish, Italian, British and American ballet techniques
E. Introduction to important historic figures in ballet including but not limited to Marius Petipa, Michel Fokine, August Bournonville, Enrico Cecchetti, Frederick Ashton and George Balanchine
F. Guidelines for attendance at a live concert dance performances for the purpose of written critical evaluation.

**LABORATORY CONTENT:**

A. General ballet warm-up: head circles, shoulder circles, arm circles, side bends, ankle circles and flex-point combinations, leg swings, hamstring stretches, and a combination of the above.
B. Barre work: head, body, foot and arm work will be included.
   1. Plie-grand and demi-in 1st, 2nd, 3rd, 4th, and 5th position of the feet.
   2. Battement Tendu
   3. Battement Degage
   4. Battement Frappe
   5. Rond de jambe a terre en dehors and en dedans
   6. Petit Battement
   7. Balancoire
   8. Leg stretches
   9. Developpé
   10. Grand Battement
C. Exercises in the middle
   1. Port de Bras - carriage of the arms
   2. Adagio combinations - relevés, pliés, developés, promenade, pas de bourrés, desus-dessous, glissade, arabesque, attitude, bourné, waltz step, piroquette, and chaine turns.
   3. Allegro combinations - chassé, échappé, pas de chat, grand jeté, arabesque sauté, assemblé, ballonnerie, temps levé, sissonné.
   4. Turns - chaines, piqué, piroquette
   5. Jumps - sauté in all positions, entrechat-quatre, royale, changement
   6. Grand reverence

METHODS OF INSTRUCTION:

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

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

   Out-of-class Assignments

      View ballet performances in live concerts and on DVD/video.

Reading Assignments

   - Ballet Basics by Sandra Noll Hammond
   - Ballet terminology hand-out sheets
   - A list of ballet books from library will be provided.

Writing Assignments

   - Write a critique of a live performance.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Objective Examinations
Report
Projects (ind/group)
Problem Solving Exercises
Skills Demonstration

   Demonstration of Critical Thinking:

      - Tests on the ballet barre techniques and center floor adagio and allegro are given.

   Required Writing, Problem Solving, Skills Demonstration:

      - Tests on learned movement combinations will be given at mid-term and final.
      - Written quizzes on terminology

TEXTS, READINGS, AND RESOURCES:

   Other:
   1. Instructor prepared handouts.

   Leotards, tights and ballet shoes.
Adequate library resources include:

Comments:

Attachments:

Attached Files