

## **COURSE OUTLINE**

### **Ballet I**

#### **Course Description**

DN 135. Ballet I. 1 hour credit. This class will enable the introductory level student to explore the art and theory of Classical Ballet. The student will participate in a comprehensive ballet class that allows for the development of introductory ballet technique.

#### **Course Relevance**

The student will have a strong foundation in the art of ballet that will both open the door for continued study and prepare them to become a more appreciative audience member and patron of arts in the community.

#### **Required Materials**

Woman will wear black leotards, pink tights, and pink ballet slippers, with dance skirts optional. Men will wear white t-shirts, black tights, jazz pants, or dark sweats and black ballet slippers. Long hair must be worn up and off the neck.

#### **Supplemental materials**

Readings and video materials will be provided by the instructor.

#### **Learning Outcomes**

The intention is for the student to be able to

1. Demonstrate a proper foundation in the execution of beginning ballet technique
2. Identify the structure and elements of a ballet class
3. Develop an appreciation of dance performance

#### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through involvement in this course, the student will develop and document his/her achievement of the following PACT skills:

1. Aesthetic Response
  - By learning ballet steps and experiencing the art of dance through choreography, students will have an aesthetic response that goes beyond the fundamentals of technique and into the realm of artistic expression and experience. Students will be able to communicate this through intelligent discussion and written critique.

#### **Secondary Skills (developed but not documented)**

Teamwork  
Health Management  
Self Concepts  
Critical Thinking

Nonverbal Communication  
Listening  
Reading  
Time Management  
Problem Solving

### **Major Summative Assessment Task(s)**

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Written assessment responding to subject matter covered
2. Video-taped performance assessment

### **Course Content**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. Fundamentals of ballet technique
  - B. Execution of proper technique in regards to body alignment
  - C. The development of dance in a historical context
  - D. The principals of choreography and design
- II. Issues – Key issues that will be addressed in this course: areas of conflict that must be understood in order to achieve the intended outcome
  - A. Gender roles in Ballet
  - B. Health and fitness for a performer in contemporary society
  - C. Technical limitations imposed by age and body structure
- III. Concepts – Key concepts that must be understood to address the issues
  - A. Diversity and the right of the individual to experience art
  - B. Basic understanding of the muscle-skeletal systems of the body
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Elementary ballet terminology
  - B. The execution of elementary ballet steps and combinations
  - C. Proper stretching and strengthening exercises
  - D. Identification of basic stage terms and directions
  - E. Awareness of theatrical etiquette, both as a performer and an audience member
  - F. The ability to speak with intelligence and insight on the subject of ballet

### **Learning Units**

- I. Introduction to classroom procedures and syllabus
  - A. Terminology introduction
  - B. Proper classroom etiquette and decorum
- II. Beginning ballet technique
  - A. Introduction to elementary barre work
  - B. Introduction to elementary center work including adagio, petite and grand allegro
  - C. Conditioning for the dancer
- III. Overview of the history and origins of ballet
  - A. Video presentations
  - B. Classroom lecture and discussion

- IV. Preparation for dance concert
  - A. Learning and refining choreography
  - B. Musicality
  - C. Performing with quality and expression
  
- V. Introduction to the theater
  - A. Stage directions
  - B. Theater vocabulary
  
- VI. Health issues for the dancer
  - A. Diet
  - B. Injury prevention
  - C. Conditioning
  
- VII. Performance evaluation
  - A. Self evaluation
  - B. Performance critique of others

**Learning activities**

Learning activities will include participation in dance technique, group discussions, assigned readings, video presentations and performance.

**Grade Determination:**

Grade determination will be based on class participation, completion of assessment tasks and final performance project.