DANC-1520: BALLET I

Cuyahoga Community College

Viewing: DANC-1520 : Ballet I

Board of Trustees:
2016-05-26

Academic Term:
Fall 2019

Subject Code
DANC - Dance

Course Number:
1520

Title:
Ballet I

Catalog Description:
First in a three-course sequence. Covers the fundamentals of classical ballet to prepare students for further training in ballet. Emphasis will be placed on developing strength, flexibility, postural alignment, and endurance in the area of ballet technique and conditioning. Students will follow a typical ballet class structure with an emphasis on mastering basic barre exercises. May be repeated up to four times for credit.

Credit Hour(s):
1

Lab Hour(s):
3

Requisites

Prerequisite and Corequisite
DANC-1501 Dance Fundamentals, or departmental approval: permission of instructor.

Outcomes
Course Outcome(s):
Develop strength, flexibility, postural alignment, and endurance needed to progress to advanced training in ballet.

Objective(s):
1. Demonstrate the basic positions of ballet using proper rotational alignment of the hips, core support, and the proper carriage of the arms.
2. Complete a traditional ballet class consisting of fundamental barre exercises, basic center floor combinations, and reverence.
3. Explain the importance of strengthening and stretching as it applies to ballet technique.

Course Outcome(s):
Demonstrate fundamental barre exercises needed to progress to advanced training in ballet.

Objective(s):
1. Memorize and perform fundamental ballet exercises at the barre.
2. Apply proper alignment for external rotation and core support, with the support of the barre.

Course Outcome(s):
Perform basic center floor and traveling phrases applying the technical vocabulary of classical ballet.

Objective(s):
1. Execute basic phrases with the leadership of the instructor
2. Develop an awareness of postural alignment, spacing, and timing while away from the barre.

Methods of Evaluation:
1. Daily class participation and effort
2. Performing basic sequences at the barre
3. Perform basic center floor sequence
4. Evaluation of postural alignment
5. Peer evaluation of postural alignment
6. Written journals (reflection)
7. Written and/or demonstrative quizzes or tests on ballet vocabulary
8. Final presentation of basic ballet combination

Course Content Outline:
1. Basic Principles of Classical Ballet Technique
   a. Alignment, Connectedness, Breath, External Rotation (Turn-out)
   b. Verticality
   c. Line
   d. Musicality
   e. Spatial Awareness
   f. Body Awareness
   g. Dynamics
2. Introductory Ballet Technique, Theory and Terminology: Fundamentals of Ballet
   a. Positions of the Feet
   b. Positions of the Arms
   c. Pointed feet/flexed feet
   d. Facing directions
   e. Port de Bras
   f. Reverence
3. Basic Barre Sequences
   a. Plié sequences in 1st, 2nd, and 3rd
   b. Rélevé and Élevé
   c. Battement Tendu and Battement Dégagé
   d. Rond de Jambe and Battement Frappé
   e. Coupé, Passé and Développé
   f. Grand Battement
4. Center Floor / Traveling phrases
   a. Basic Port de Bras
   b. Pirouette Preparation/Pirouette
   c. Center Tendus
   d. Pas de Bourrée
   e. Balancé
   f. Chassé
   g. Tours chaînés
   h. Leap Preparation
5. Performance
   a. Stage Directions
   b. Focus
   c. Musicality
6. History
   a. Influential People
   b. Historical and Cultural context

Resources

Grant, Gail. *Technical Manual and Dictionary of Classical Ballet.* 3rd. Canada: Dover Publications, 1987.

Greskovic, Robert. *Ballet 101.* New York: Hyperion, 1998.

Kassing, Gayle and Danielle Jay. *Teaching Beginning Ballet Technique.* Illinois: Human Kinetics, 1998.

Kostrovitskya, Vera. *100 Lessons in Classical Ballet. Trans. Oleg Briansky.* New York: Limelight Editions, 1981.

MacKie, Joyce. *Basic Ballet: The Steps Defined.* Penguin Books, 2001.

Vaganova, Agrippina. *Basic Principles of Classical Ballet: Russian Ballet Technique. Trans. Anatole Chujoy.* Canada: Dover Publications, 1969.

Resources Other
AmericanBalletTheaterOnline dictionary(withvideo demonstrations)
http://www.abt.org/education/dictionary/index.html

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