Degree Applicable

Glendale Community College
November 2014

COURSE OUTLINE

Dance 110
Ballet Technique I

I. Catalog Statement

Dance 110 provides the students with practical experience in the traditional ballet techniques and styles. Through demonstration, exercise, and discussion the course emphasizes the development of the basic physical skills, ballet vocabulary, alignment, coordination, and mental discipline necessary to excel in all dance forms.

Total Lecture Units: 1.0
Total Laboratory Units: 1.0
Total Course Units: 2.0

Total Lecture Hours: 16.0
Total Laboratory Hours: 48.0
Total Faculty Contact Hours: 64.0

Prerequisite: None.

Note: This course may be taken twice (2 times); a maximum of four (4) units may be earned.

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:
1. Read, write and converse in English;
2. Add, subtract, divide, multiply.

III. Course Exit Standards

Commented [YY1]: Exit standards and SLOs are exactly the same. Exit standards should be more detailed. These are good SLOs.

Upon successful completion of the required coursework, the student will be able to:
1. identify and define basic ballet terminology;
2. demonstrate and explain correct body alignment, and muscle coordination;
3. perform a basic ballet barre and a basic ballet combination;
4. discuss the application of ballet technique used in performance.

IV. Course Content

Total Faculty Contact Hours: 64 ~~hours~~

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A. Introduction — Lecture 4 hours
1. Development of the ballet technique
2. Development of ballet styles

B. Injury Prevention - Safety — Lecture 6 hours, Lab 12 hours
1. Body Alignment
2. Turn-out
3. Breathing

C. Barre Work — Lecture 2 hours, Lab 12 hours
1. Plié
2. Battement tendu
3. Battement dégagé
4. Rond-de-jambe á terre
5. Battement fondu
6. Battement frappé
7. Rond-de-jambe en l'Air
8. Grand battement
9. Stretching

C. Center Work — Lecture 2 hours, Lab 12 hours
1. Directions
2. Positions
3. Port-de-bras combination
4. Battement tendu combination
5. Pirouette combination
6. Adage
7. Allegro
8. Révérence

E. Performance Skills — Lecture 2 hours, Lab 12 hours
1. Focus
2. Dynamics
3. Rhythm
4. Presentation
5. Interpretation

V. Methods of Instruction

The following instructional methodologies may be used in the course:
1. classroom lecture and demonstration;
2. barre work and center combination practice;
3. interpretation and practical application of French ballet vocabulary;
4. video and multimedia presentations;
5. in-class critiques, done individually and in groups.

VI. Out of Class Assignments

The following out of class assignments may be used in this course:
1. attendance at GCC Dance Department performances;
2. on-line research of the genre (example);
3. written evaluation of the performance attended.

VII . Methods of Evaluation

The following methods of evaluation may be used in this course:
1. movement exams;
2. class participation in critiques, analysis, and evaluation of dance performance;
3. written exams;
4. written essays;
5. final exams.

VIII. Textbooks

Craine, D. and Mackrell, J., *The Oxford Dictionary of Dance*, 2nd ed. New York: Oxford University, 2010. Print.
12th Grade Textbook Reading Level. ISBN: 0199563446.

IX. Student Learning Outcomes

Commented [YY2]: See note above under exit standards.

Upon successful completion of the required coursework, the student will be able to:
1. identify and define basic ballet terminology;
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3. perform a basic ballet barre and a basic ballet combination;
4. discuss the application of ballet technique used in performance.