

COURSE OUTLINE

Dance 111 Ballet Technique II

I. Catalog Statement

Dance 111 provides the students with practical experience in the traditional ballet techniques and styles on an intermediate level. Through exercise and discussion the course emphasizes further development of the physical skills, ballet vocabulary, alignment, coordination, and mental discipline necessary for intermediate performance skills.

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 Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 64.0

Prerequisite: DANCE 110 or equivalent

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:

- identify and define basic barre terminology and center work in practical and written assignments;
- demonstrate and explain correct ballet turnout and dynamic alignment in plié and battement tendu;
- reproduce a basic ballet barre and a basic ballet combination demonstrating comprehension and coordination of positions and directions;
- examine the application of ballet terminology as utilized in live, video, and in class performance;
- discuss the development of ballet technique from medieval court dances to the romantic era.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- apply intermediate ballet terminology in an allegro, adagio, and pirouette combinations;
- review and distinguish the use of correct ballet turnout and dynamic alignment when demonstrating grand pirouette and allegro sequences;
- develop, practice, and explain intermediate ballet barre, center, and diagonal progressions;
- investigate the use of focus, dynamics, rhythm, and style development in live, video, and in class performances;
- analyze the development of ballet technique from the romantic to the classical era.

IV. Course Content

Total Faculty Contact Hours = 64.0

A. Introduction (**Lecture 4 hours**)

B. Injury Prevention – Safety (**Lecture 6 hours, Lab 12 hours**)

1. Review of body alignment
2. Review of turn-out
3. Use of breath for grand pirouettes
4. Use of breath for grand allegro

C. Barre Work - Movement Vocabulary (**Lecture 2 hours, Lab 12 hours**)

1. Plié
2. Intermediate battement tendu combination
3. Intermediate battement dégagé combination
4. Intermediate rond-de-jambe á terre combination
5. Intermediate battement fondu combination
6. Intermediate battement frappé combination
7. Intermediate rond-de-jambe en l'air combination
8. Adage
9. Intermediate grand battement combination
10. Stretching

Center Work - Movement Vocabulary (**Lecture 2 hours, Lab 12 hours**)

11. Intermediate port-de-ras combination
12. Intermediate battement tendu combination
13. Pirouette combination/grand pirouettes
14. Intermediate adage
15. Intermediate allegro
16. Grand allegro
17. Combination through the diagonal

D. Intermediate Performance Skills (Lecture 2 hours, Lab 12 hours)

1. Focus
2. Dynamics
3. Rhythm
4. Presentation
5. Interpretation
6. Style development

V. Methods of Instruction

The following methods of instruction may be used in the course:

- classroom lecture and demonstration;
- guest instructor from a private studio;
- dance step, combination, and variation practice;
- interpretation and practical application of intermediate French ballet vocabulary;
- bone structure alignment, and muscle coordination;
- video and multimedia presentations;
- in-class critiques, done individually and in groups.

VI. Out of Class Assignments

The following out of class assignments may be used in the course:

- attendance at Glendale Community College Dance Department performances;
- on-line research from the romantic to the classical era;
- written evaluation of the performance attendance.

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

- movement exams (presentations of intermediate ballet combinations);
- quizzes (intermediate ballet terminology, explanation of correct body alignment, and muscle coordination);
- class participation in critiques, analysis, and evaluation of dance performance;
- analytical essays (analysis of ballet performance);
- midterm examination;
- final examination.

VIII. Textbook(s)

Craine, D. and Mackrell, J. *The Oxford Dictionary of Dance*. 2nd ed. New York: Oxford University, 2015. Web.

12th Grade Textbook Reading Level. ISBN: 9780191727658

Clippinger, Karen. *Dance Anatomy and Kinesiology*. 2nd ed. Champaign: Human Kinetics, 2015. Print.
12th Grade Textbook Reading Level. ISBN-13: 9781450469289

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- identify and define intermediate ballet terminology;
- demonstrate and explain correct body alignment and muscle coordination in intermediate ballet combinations;
- perform a classical ballet variation;
- analyze a ballet performance in terms of ballet choreography, style, music selection, and technical performance.