

PALOMAR COLLEGE  
COURSE OUTLINE OF RECORD FOR  
DEGREE CREDIT COURSE

Transfer course       A.A. degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:**      Dance 115      Fundamentals of Ballet

**UNIT VALUE:**      1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:**      32 or 48

**BASIC SKILLS REQUIREMENTS:**

Appropriate language skills

**ENTRANCE REQUIREMENTS:**

**PREREQUISITE:**      None

**COREQUISITE:**      None

**RECOMMENDED PREPARATION:**      Dance 100

**SCOPE OF COURSE:**

Introduction to ballet's traditions, principles, techniques, and terminology. Includes fundamental ballet exercises at barre and center with emphasis on placement.

**SPECIFIC COURSE OBJECTIVES:**

Students will:

1. Execute beginning ballet steps;
2. Evaluate and apply appropriate technical terms and ballet vocabulary;
3. Demonstrate greater body awareness, coordination, strength, mobility and rhythmic flow through the classical medium, with emphasis on correct body placement;
4. Demonstrate appropriate movement skills and understanding necessary for further study in ballet technique;
5. Develop highly coordinated mind/body skills;
6. Analyze and execute the principles of body alignment, turn-out, ballet line, arm placement and foot articulation required for successful ballet steps;
7. Execute correct body placement and proper ballet technique.
8. Execute full-range of beginning ballet steps and exercises by sight and by name;
9. Demonstrate translation of beginning ballet terms from French to English.

## CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Beginning classical ballet terminology, concepts, techniques, and movement vocabulary.
- II. Correct body alignment, correct placement of the torso and arms. proper use of the feet, turnout, and extension of the legs.
- II. Each class consists of a warm-up period, work at the ballet barre, and center floor work in front of the mirror.
  - A. Barre exercises are executed facing with both hands on the barre. Placement is constantly examined and corrected.
  - B. As the student's use of the turned-out legs strengthens and the body alignment is correct, the exercises are performed with only one hand on the barre, freeing the other arm for proper movement placement.
  - C. By the end of the semester, all basic barre exercises have been covered.
- III. Exercises: port de bras exercises, basic ballet steps separately and in short combinations, and a variety of locomotor movement combinations across the floor.
- IV. Steps taught include: balances, tombes, pas de bouree changes, chasses, pas de chats, glissades, assembles, sissones, pas de basques, sou-sus.
- V. Basic body directions, such as efface and croise, are taught as well as some of the basic character (folk) steps used in ballet, such as the polka, schotische, and polonaise.
- VI. Beginning ballet turns and elevation steps covered in this course include soutenu tours, pique tours, chainees, sautes, soubresauts, changements, echappe sautes. Locomotor movement across the floor includes the combining of skips, hops, runs, jumps, and leaps which are then incorporated into ballet steps and terminology.

## REQUIRED READING:

Hammond, Sandra Noll. Ballet Basics. 2nd edition. Mountain View: Mayfield Publishers, 1993.

## SUGGESTED READING:

Grant, Gail. Technical Manual and Dictionary of Classical Ballet. New York: Dover Press, 1985.

Articles from Dance Magazine, Ballet News, and other periodicals.

Biographies of ballet dancers, choreographers, companies as suggested by the instructor.

## REQUIRED WRITING:

1. One 3-4 paragraph review of a professional ballet performance
2. One 3-4 paragraph review of a departmental dance performance

3. At least one written exam covering traditional technical terminology and concepts
4. Written critiques of observed classes (1-2 paragraphs)

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.**

Attendance at at least one professional dance performance; written report (as above).

Supplementary video viewing; written reports (length determined by length of video, 2-5 pages). Large selection of dance videos available in library and dance office.

Supplementary reading of dance articles, books; written reports (length determined by number of pages read).

Attendance at at least one Palomar College dance performance; written review (1-2 pages in length).

Reading (as above)

Homework assignments involving daily workouts and practice of class material (at least 15 minutes per day).

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply.** (See guidelines for preparation for definitions.)

**telecourse** (Course is taught by televised lessons not under direct supervision of an instructor. Usually some on campus lecture/discussion sessions are required.)

**mediated instruction** (Instruction is by audio-visual means in various combinations. Usually conducted in a learning resources center not under immediate supervision of a qualified instructor.)

**computer assisted instruction** (A specialized form of mediated instruction relying primarily on student access to information and

prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (Include methods of determining whether the stated objectives have been met by students):

Participation (50 percent)	125 points
Mid-term movement exam	20 points
Final movement exam	40 points
Written exam	50 points
Palomar Concert Critique	<u>15 points</u>
	250 points

Total Points	Final Grade
250-220	A
219-190	B
189-160	C
159-130	D
129-0	F

**IS COURSE REPEATABLE FOR REASON OTHER THAN DEFICIENT GRADE?**  
YES X NO \_\_\_\_ Number of times course may be taken for credit:  
4.

If yes, identify specific provision of Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable.

Section 58161 (c)(2)(A)(B)

**CONTACT PERSON:** Robert Gilson, ext. 2316

SIGNATURES ON FILE
--------------------