

**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 116    Ballet I

**UNIT VALUE:**    1, 1.5

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

**BASIC SKILLS REQUIREMENTS:**

Appropriate language skills

**ENTRANCE REQUIREMENTS:**

**PREREQUISITE:**    Dance 115

**COREQUISITE:**    None

**RECOMMENDED PREPARATION:**    None

**SCOPE OF COURSE:**

Continued study of ballet techniques, principles, and terminology. Intermediate/beginning level with emphasis on combinations and an enlarged vocabulary of steps and terms.

**SPECIFIC COURSE OBJECTIVES:**

Upon completion of course student will be able to:

1. Demonstrate and apply intermediate level ballet principles, terminology, and technical skills;
2. Execute intermediate level steps, exercises, and movement phrases;
3. Demonstrate increased technical skills, strength, and mobility;
4. Identify and explain beginning and intermediate level ballet movement vocabulary;
5. Pick up quickly, evaluate, and retain longer movement phrases and ballet combinations;
6. Analyze and critically evaluate ballet as an art form;
7. Apply the principles of weight transference, balance, force, body alignment, and body line to beginning intermediate level ballet steps.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Barre Work
  - A. Warm-up exercises
  - B. Ballet exercises
    1. Plies -- demi and grand
    2. Battements tendues -- all directions, with arms, simple

weight changes

3. Battements degages -- all directions, with arms, faster tempos
4. Rond de jambes a terre
5. Battements fondues
6. Battements frappes
7. Battements cloches
8. Petite battements sur le cou de pied
9. Rond de jambes en l'air
10. Grand developpes
11. Grand rond de jambes en l'air
12. Grand battements
13. Releves, temp leves, basic allegro steps (facing barre)

C. Barre Stretches

II. Center Floor Work

A. The center floor work includes:

1. A repeat of some of the exercises done at the barre with added arms and epaulment (body facings).
2. A basic adagio (a combination of slow and sustained movements designed to develop line and balance).
3. Beginning principles of turning with basic turns:
  - a. Pirouettes en dehors (4th position)
  - b. Pique tours
  - c. Soutenue tours
  - d. Chaines tours
  - e. Emboite tours
4. Extensive port de bras (arm work)
5. Allegro movements (quick aerial movements) broken down, then combined and performed center and across the floor.

B. Basic steps:

1. Temp Lie
2. Pas de chats, glissades, jetes, assenblis
3. Sissones - fermi and ouvert
4. Pas de basques
5. Echappes releves, echappes sautes
6. Saut de basques
7. Grand fouettes
8. Grand jetes entournatts
9. Variations on the basic balance
10. Pas de bouree variations

C. Each class includes combinations (Movement phrases) composed of the particular steps being focused on during the class with emphasis on retention, placement of arms and head, timing.

D. Each class concludes with elevation steps and combinations.

These include:

1. Changements, echappes
2. Beginning batterie (beats)
  - a. Entrechat quatres
  - b. Royales
3. Grand jetes

E. Cool down and reverance

**REQUIRED READING:**

Hammond, Sandra Noll. Ballet Basics. 2nd edition. Mountain View: Mayfield Press, 1990.

**SUGGESTED READING:**

None.

**REQUIRED WRITING:**

1. Professional dance performance review (1-2 pages)
2. Palomar College dance performance review. (1 - 2 pp.)
3. At least one written exam
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.**

1. Attendance at at least one professional dance performance, preferably ballet; written report (as above)
2. Attendance at a departmental dance performance; written report (as above)
3. Supplementary reading of dance articles, books; written reports.
4. Supplementary viewing of dance videotapes; written reports. (1-2 pp.)
5. Homework assignments consist of daily workouts and practice of class materials. (15-30 min p/day)
6. Required reading (as above)

**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 evaluation for determining whether the stated objectives have been met by students):

Ballet skills are highly technical and must be learned through repetition under strict teacher supervision in a classroom situation. Attendance is crucial for learning. Students are evaluated on the basis of class attendance, participation and demonstration of appropriate exercises, movement skills and knowledge as evaluated throughout and at the end of the course, and test scores on final written exam covering ballet terms and concepts. Points are subtracted from final grade if the required performance review has not been submitted by the end of the semester. Supplemental reports on dance videos, performances, articles, books are used as extra credit.

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) and (B)

**CONTACT PERSON:** Dorothe Bleth, ext. 2316

SIGNATURES ON FILE