

1. Stretching of upper and mid-foot arches
 2. Basic elevés in all positions
 3. Balances sur la pointe
 4. Relevés - two feet
 5. Sous-sus
 6. Battement Soutenu sur la pointe
 7. Echappés - gliding and springing
- B. Added exercises - one foot:
1. Relevé sur le coup de pied
 2. Relevé passé
 3. Relevé passé with 1/4 and 1/2 turn
 4. Relevé balance in arabesque
 5. Relevé balance in derrière
 - a. closing 5th
 - b. coupe
 - (1) En avant and en arrière
 6. Bourrées
 - a. feet only
 - b. front leg working
 - c. back leg working
- C. Male student participates in same exercises by supplementing jumps when the female is sur la pointe. He also does push-ups for upper body development.

II. Center Work

- A. Adagio - supported:
1. Basic sous-sus
 2. Relevé passé
 3. Promenade
 - a. Passe
 - b. Arabesque
 - c. Attitude
 - d. A la seconde
 - (1) supported waist
 - (2) supported with two hands
 - (3) supported with one hand
 4. Penche
 - a. waist
 - b. hands
- B. Lifts
1. Changement
 - a. small
 - b. fully extended arm and controlled abaisser
 2. pas de chat
 - a. small
 - b. full
 3. Shoulder lift
 - a. from changement
 - b. from assemble
 4. Glissade grand jete
- C. Pirouettes
1. Relevé passé, 4th, pirouette
 - a. single
 - b. double
 - c. triple
 2. Bourrée, passé, 4th, pirouette
 - a. traveling en avant
 3. Finger Pirouettes
 4. All pirouettes finishing arabesque and attitude
- D. Serre en promenade
- E. Chasses - supported

1. Chasse pas de bourree
 2. Chasse pas de bourree glissade assemble
 3. Chasse pas de bourree glissade grande jete
- F. Reverence
1. Audience
 2. To Partner

REQUIRED READING:

Grant, Gail. Technical Manual and Dictionary of Classical Ballet. New York: Dover Press, 1990.

SUGGESTED READING:

Biographical and historical material on ballet and ballet artists. Articles from Dance Magazine, Ballet News, and other periodicals.

REQUIRED WRITING:

1. Two dance performance reviews (1-2 pages each).
2. Supplementary written reports on dance material read (length determined by length of reading material).
3. Supplementary performance reviews of ballet videos (1 page for each hour viewed).

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. Reading as above.
2. Homework assignments consist of daily workouts and practice of class material (at least 15 minutes per day after warm-up).
3. Attendance at at least one professional ballet performance; written report (as above).
4. Choreograph a pointe or pas de deux combination. (midterm)
5. Participation in ballet performances on and/or off campus.

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.

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):

Students are evaluated on their movement skills and progress throughout the semester. Movement skills are judged in the regular class format using a scale 1 through 4 for each movement combination graded. These points are averaged at the end of the semester for final movement grade. Classroom assignments and a written exam are also part of the semester grade. Grades are based on technical skills, knowledge (steps, terms, concepts), participation, progress, and completion of assignments.

Example:

150 pts	participation and demonstration of appropriate excersises
40 pts	written exams
10 pts	performance report
40 pts	mid-term movement exam
40 pts	final movement exam
<u>20 pts</u>	concert critique
300 pts	

Total points:

300-260	A
259-220	B
219-180	C
179-140	D
139-0	F

IS COURSE REPEATABLE FOR REASON OTHER THAN DEFICIENT GRADE?

YES 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: Robert Gilson, ext. 2316

SIGNATURES ON FILE
