

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for DANC 3

### BALLET- BEGINNING

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

DANC 3 — BALLET- BEGINNING — 0.50 - 2.00 units

Introduction to basic ballet technique at the barre and in the canter

0.50 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Describe the origins and development of ballet 1. Dance in the Middle Ages 2. Social and theatrical dance of the Renaissance 3. Birth of classical ballet 4. Eighteenth century- professional and innovation 5. Golden Age of Romantic Ballet 6. Emergence of ballet in Russia 7. The Diaghilev Ballets Russes 8. British Ballet 9. Ballet in America
- B. Participate in the elements of a ballet lesson: 1. Pre-warm-up 2. Perform Barre Exercises a. plie b. eleve/releve c. battement tendu d. battement degage e. rond de jambe a terre f. battement frappe g. battement retire h. developpe i. battement fondu j. grand battement
- C. Demonstrate correct Center Work 1. Port de bras 2. epaulement 3. poses- attitude and arabesque 4. connecting movements 1. glisse 2. tombe 3. pique 4. pas de bourree 5. pas marche
- D. Reproduce turns correctly 1. Turns on two feet a. soutenu en tournant b. tour de Basque c. chaine 2. turn on one foot a. pique b. pirouette
- E. Demonstrate and describe the differences between the various allegro movements 1. Jumps- temps leve saute, soubresaut, changement de pieds, eschappe saute 2. Petit allegro- sissonne, assemble, temps leve, pas de chat 3. Connecting steps- balance, pas de Basque, glissade, coupe, chasse en l'air 4. Grand allegro steps- grand jete, temps leve en arabesque, temps leve en attitude
- F. Stretch effectively- standing, sitting, lying

#### V. CONTENT:

##### A.

The origins and development of ballet

1. Dance in the Middle Ages
2. Social and theatrical dance of the Renaissance
3. Birth of classical ballet
4. Eighteenth century- professional and innovation
5. Golden Age of Romantic Ballet
6. Emergence of ballet in Russia

7. The Diaghilev Ballets Russes

8. British Ballet

9. Ballet in America

B.

Elements of a ballet lesson:

1. Pre-warm-up

2. Barre Exercises

a. plie

b. eleve/releve

c. battement tendu

d. battement degage

e. rond de jambe a terre

f. battement frappe

g. battement retire

h. developpe

i. battement fondu

j. grand battement

C. Stretches- standing, sitting, lying

D. Center Work

1. Port de bras

2. epaulement

3. poses- attitude and arabesque

4. connecting movements

a. glisse

2. tombe

3. pique

4. pas de bourree

5. pas marche

E. Turns

1. Turns on two feet

a. soutenu en tournant

b. tour de Basque

c. chaine

2. turn on one foot

a. pique

b. pirouette

F. Allegro technique

1. Jumps- temps leve saute, soubresaut, changement de pieds, eschappe saute

2. Petit allegro- sissonne, assemble, temps leve, pas de chat

3. Connecting steps- balance, pas de Basque, glissade, coupe, chasse en l'air

4. Grand allegro steps- grand jete, temps leve en arabesque, temps leve en attitude

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Observation and Demonstration** -
- C. **Discussion** -
- D. **Audio-visual Activity** -
- E. **Lecture** -
- F. **Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

- A. Explain the Romantic Age of Ballet and give examples of the major developments of Ballet during this time period.
- B. Reproduce correctly and perform petite allegro. grand allegro, and center adage combinations choreographed by instructor.
- C. Plan a beginning ballet barre by stating the exercises that would be included and the order in which they would be performed.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Class Work
- 4. Class Performance

B. **Frequency**

Participation recorded daily and testing of individual performance of dance combinations five times per semester and written final exam

IX. TYPICAL TEXTS:

1. Grant, G. *Technical Manual and Dictionary of Classical Ballet*. , BN Publishing, 2009.
2. Warren, G. *Classical Ballet Technique*. , University Press of Florida, 1989.
3. Written handouts will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own dance apparel and footwear.