

Las Positas College
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Course Outline for KIN BA

BALLET

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN BA — BALLET — 0.50 - 2.00 units

Develop and practice basic techniques in ballet.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

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

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate increased technical ability and knowledge regarding alignment, range, control, strength and flexibility;
- B. Develop and appreciate ballet as both its physical and artistic forms.
- C. Perform basic ballet exercises with proper form

V. CONTENT:

- A. Warm-up
- B. Barre exercises
 - 1. Plies, tendues, battements, balances, etc...
- C. Across the floor
 - 1. Combine basic principles to move across the floor
 - a. Jettes, jumps, turns, etc...
- D. Center Floor
 - 1. Combine basic principles
 - a. Pirouettes, balances, battements, etc...

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Quizzes and student demonstration
- C. Student Participation
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Practice beginning steps and techniques
- B. Link basic techniques together to form a progression or choreographed piece
- C. Perform technical skills in a demonstration with the rest of the class

VIII. EVALUATION:

A. **Methods**

- 1. Quizzes
- 2. Class Participation
- 3. Class Performance
- 4. Other:
 - a. Methods
 - 1. Student Participation
 - 2. Performance of Proper Technique
 - 3. Participation and effort demonstrated
 - 4. Demonstration
 - a. Students perform skills learned
 - 5. Written quizzes

B. Frequency

1. Frequency

- a. Daily evaluation of Student's progress/participation by instructor

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Ballet, jazz shoes, or cotton socks are needed.
- B. Pen and paper are needed for notes.