

**OXFORD COLLEGE of Emory University**  
**Division of Physical Education and Dance**  
**PE 133 Beginning Dance Technique**

**Instructor: Ms. Jane Hoffmeyer**

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**Office Hours: Monday/Wednesday: 1:40—2:30**

**Tuesday/Thursday: 11:00—11:30; 2:15—2:45**

**Friday: 10:00-10:30**

**\*or by appointment**

**Office: Gym 103 H**

**Fax: 770-784-4677**

**Course Description:**

This course is designed to provide a basic movement experience in ballet, modern dance, and jazz technique and to develop an awareness of each as an art form.

**Text:**

Assigned readings are available on electronic reserve. You will need to have Adobe Acrobat Reader on your personal computer to access the electronic reserve online. If you prefer, a hard copy is also available at the library reservation desk. Some materials will be given to students in the form of handouts and class instruction.

**Dress:**

Choose from the following dancewear options: leotards, tights, unitards, bicycle pants, sweat pants, sweatshirts, and t-shirts. Clothes should be loose enough to allow for freedom of movement but fitted enough to allow for viewing of alignment. You may choose to buy a pair of ballet shoes for ballet and jazz. If you do not choose to buy shoes you should wear socks for ballet and jazz. Modern is performed without shoes or in socks. Secure your hair out of your face and remove large jewelry. Chewing gum is not permitted in dance class.

**Course Requirements and Grading System:**

A = 90-100    B = 80-89.9    C = 70-79.9    D = 60-69.9    F = Below 59.9

10%    Ballet Quiz    A written exam covering assigned readings and class instruction

15%    Practical 1    An evaluation of student performance of the eight positions of the body as defined by the Cecchetti technique (students will be videotaped)

10%    Modern Quiz    A written exam covering assigned readings and class instruction

15%	Practical 2	An evaluation of a modern dance adagio (students will be videotaped)
10%	Jazz Quiz	A written exam covering assigned material and class instruction
15%	Practical 3	An evaluation of a traveling jazz combination (students will be videotaped)
25%	Participation	An evaluation of daily participation throughout the semester ***See attached attendance policy***

The Oxford College Honor Code applies and is respected in this class. All work must be submitted truthfully and must be each student's own work. When working with a group in a dance skills test, following others is not cheating.

### Course Objectives:

As a result of this course the student will be able to:

1. Perform the 8 Cecchetti body positions, a modern dance combination, and a jazz combination.
2. Identify the names of some of the major artists from the areas of ballet, modern, and jazz; the names of the 8 Cecchetti body positions; the 5 positions of the feet; and the technical terms provided on the class vocabulary lists.
3. Explain the principles of turnout, oppositional movement, and epaulement.
4. Explain the proper alignment in dance technique.
5. Explain the criteria for evaluating modern dance performances.
6. Demonstrate the proper decorum for a dance class.
7. Identify the areas of a stage.
8. Discuss various dance injuries and how to treat them.
9. Explain the types of stretching and guidelines for stretching.

### Attendance policy:

Students are expected to attend class regularly and to be on time. Classes will begin at the appropriate time and tardiness and absences will be considered in your final evaluation. Students will be allowed two or three absences during the semester. Students missing more than the allotted absences will have points deducted from the participation grade. **10 points will be deducted thereafter for every absence.** Students are expected to be punctual to class. Students entering class after attendance has been taken are considered tardy and **being tardy to class three times will equal one absence.**

**Religious holidays:** Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

**Calendar and Reading List**  
**PE 133 Beginning Dance Technique**  
**Spring 2004**

Th	1/15	Introduction
T	1/20	Ballet Vocabulary List-Ballet Class
Th	1/22	Pages 13 & 14 – Turnout Pages 14 & 15 – The Five Positions of the Feet Ballet Class
T	1/27	Pages 18 & 19 – Balancing on the Ball of the Foot Page 19 – Pointing the Foot Ballet Class
Th	1/29	Page 50 – Epaulement Ballet Class
T	2/3	Pages 71 & 72 – Five Fundamental Movements of Elevation Ballet Class
Th	2/5	Ballet Class
T	2/10	Ballet Class
Th	2/12	<b>Ballet Quiz</b> – Practice Practical
T	2/17	<b>Ballet Practical</b>
Th	2/19	Handout – Modern Vocabulary List Modern Class
T	2/24	Page 2 – Defining Modern Dance – A Blend of Techniques Modern Class
Th	2/26	Page 15 – Decorum Modern Class
T	3/2	Pages 89 – 94 – Evaluation and Criticism Modern Class
Th	3/4	Page 144 – Direction Modern Class

T	3/9	SPRING BREAK
Th	3/11	SPRING BREAK
T	3/16	Modern Class
Th	3/18	Modern Class
T	3/23	<b>Modern Quiz</b> – Practice Practical
Th	3/25	<b>Modern Practical</b>
T	3/30	Handout – Jazz Vocabulary List Jazz Class
Th	4/1	Pages 38 – 40 – Alignment Jazz Class
T	4/6	Pages 42 – 43 – Types of Injuries Page 59 – Turns Pages 63 & 64 – Flat Back and Precautions Jazz Class
Th	4/8	Page 69 – Proper Stretching Techniques Pages 80 & 81 – Second Position Straddle Stretches and Precautions Jazz Class
T	4/13	Pages 85 – 86 – Abdominals and Precautions Page 89 – Modified Push-ups and Precautions Page 89 – 90 – Push-ups and Precautions Jazz Class
Th	4/15	Locomotor Movements – Opposition Jazz Class
T	4/20	Jazz Class
Th	4/22	Jazz Class Course Evaluation
T	4/27	<b>Jazz Quiz</b> – <b>Jazz Practical</b>

**Adjustments in the calendar may be necessary due to unforeseen circumstances.**