

Las Positas College
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Course Outline for DANC 3A

BALLET FUNDAMENTALS/BEGINNING

Effective: Spring 2019

I. CATALOG DESCRIPTION:

DANC 3A — BALLET FUNDAMENTALS/BEGINNING — 1.00 units

Introduction to the fundamentals of ballet, including barre, center and across the floor technique. Proper body connectivity, alignment, strength and flexibility will be emphasized.

1.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Dance

	<u>MIN</u>
Lab Hours:	54.00
Total Hours:	54.00

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:

- Demonstrate introductory ballet skills at the barre, center and across the floor
- Identify and perform beginning ballet terminology
- Apply increased body connectivity, proper alignment, strength and flexibility to perform ballet fundamentals.
- Interpret beginning ballet musicality
- Critically analyze a ballet performance
- Inspect the cultural forces and individuals that contributed to the origins of ballet

V. CONTENT:

- Barre work in preparation for centre work including: plies, tendus, degage, rond de jambe a terre, rond de jambe en l'air, frappe, fondu, battements and stretches
- Centre floor work; connecting steps, adagio, pirouettes and petit allegro
- Across the floor work including; Grand Allegro, port de bras and reverence
- Peer and instructor evaluation of ballet technique
- Introduction to influential figures in ballet

VI. METHODS OF INSTRUCTION:

- Demonstration** -
- Observation and Demonstration** -
- Discussion** -
- Audio-visual Activity** -
- Lecture** -
- Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

- Oral presentation of an influential figure in ballet
- Demonstrate adagio, petite allegro, grand allegro, and other ballet combinations choreographed by instructor.
- Attend a live dance concert and write a 1-2 page concert review.

VIII. EVALUATION:

Methods/Frequency

- Exams/Tests
Every six weeks, a formal technique assessment will be given
- Class Participation
Daily
- Class Work
Daily
- Class Performance

last day of class

IX. TYPICAL TEXTS:

1. Gaston, Marilyn Z. . *Building Ballet Technique (Book 3)*. First ed., CreateSpace Independent Publishing Platform, 2016.
2. Bowers, Mary. *Ballet for Life: Exercises and Inspiration from the World of Ballet Beautiful*. First ed., Rizzoli, 2017.
3. Written handouts will be provided.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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