

**THE DIVISION OF PHYSICAL EDUCATION AND DANCE**  
**PE 133 Beginning Dance Technique**

**Instructor: Ms. Gayle Doherty**  
**Class Time: TTH 11:30 – 12:45**

**Office: Gym 103 H**  
**Phone: 4- 8354**

**Office Hours**  
**Monday/Wednesday/Friday – 9:30 – 10:30**  
**Tuesday-Thursday - 1:15 – 2:15**  
**By appointment**

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity, which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

**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.

**COURSE OBJECTIVES:** Students will:

1. Develop a proficiency in the basic skills of ballet, modern dance and jazz technique.
2. Develop an increased awareness of dance as an art form.
3. Learn about some of the major choreographers from the areas of ballet, modern dance and jazz.

**TEXT:** Assigned readings will be placed on reserve at the front desk in the library. Students will receive a calendar of important dates and a reading list, which will outline the reserve materials. Some test material 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 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 dangling jewelry. Chewing gum is not permitted in a dance class. Failure to conform to the dress code will result in a penalty absence.

### **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 and the transitions as defined by the Cecchetti technique (students will be videotaped individually)
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 individually)
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 in groups and spacing will be a part of the evaluation)
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.

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Calendar and Reading List

Tuesday/Thursday

Doherty 4-8354

- Tues. 1/22 Handout – Ballet Vocabulary List
- Thurs. 1/24 Pages 13 & 14 - Turnout  
Pages 14 & 15 – The Five Positions of the Feet  
Diaghilev and Fokine
- Tues. 1/29 Pages 18 & 19 - Balancing on the Ball of the Foot  
Page 19 – Pointing the Foot  
Cecchetti and Nijinsky
- Thurs. 1/31 Page 50 – Epaulement  
Pavlova, Massine and Nijinska,
- Tues. 2/5 Pages 53 & 54 – Positions of the Body  
Balanchine
- Thurs. 2/7 Pages 71 & 72 – Five Fundamental Movements of Elevation  
Tudor
- Tues. 2/12 Mitchell
- Thurs. 2/14 Baryshnikov and Tharp
- Tues. 2/19 **BALLET QUIZ** – Practice Practical
- Thurs. 2/21 **BALLET PRACTICAL**
- Tues. 2/26 Handout - Modern Vocabulary List  
Laban and Duncan
- Thurs. 2/28 Page 2 - Defining Modern Dance – A Blend of Techniques  
Denishawn and Humphrey
- Tues. 3/5 Page 15 – Decorum  
Graham, Horton and Limon
- Thurs. 3/7 Core Survey
- Tues. 3/12 **Spring Break**
- Thurs. 3/14 **Spring Break**
- Tues. 3/19 Pages 89 – 94 – Evaluation and Criticism  
Nikolais and Cunningham

- Thurs. 3/21 Page 144 – Direction  
**Ailey**
- Tues. 3/26 Pilobolus, Judson Church and Grand Union
- Thurs. 3/28 **MODERN QUIZ** – Practice Practical
- Tues. 4/2 **MODERN PRACTICAL**
- Thurs. 4/4 Handout - Jazz Vocabulary List**  
African Dance
- Tues. 4/9 Pages 38 - 40 – Alignment  
Baker
- Thurs. 4/11 Pages 42 – 43 – Types of Injuries  
Page 59 – Turns  
Pages 63 & 64 - Flat Back and Precautions  
de Mille, Robbins and Cole
- Tues. 4/16 Page 69 – Proper Stretching Techniques  
Pages 80 & 81 – Second Position Straddle Stretches and Precautions  
Primus and Dunham
- Thurs. 4/18 Pages 85 – 86 – Abdominals and Precautions  
Page 89 – Modified Push-ups and Precautions  
Page 89 – 90 Push-ups and Precautions  
Luigi and Giordano
- Tues. 4/23 Page 97 – Locomotor Movements – Opposition  
Fosse, Breakdancing
- Thurs. 4/25 **JAZZ QUIZ** – Practice Practical
- Tues 4/30 **JAZZ PRACTICAL**