DNCE 003A : BALLET I (BEGINNING BALLET)

Catalog Description:
Introduction to the history and development of traditional ballet techniques. Students will study ballet principles and aesthetics and learn basic ballet movement, vocabulary and skills. 2 units

Course Description/Teaching Methodologies:
To enable student achievement of the learning goals, Instructor will:
- Demonstrate, explain, analyze, and lead explorations of movement exercises and combinations designed specifically to develop the skills required for achievement of learning goals 1-10;
- Observe your daily work in class and (a) orally assess your achievement of learning goals 1-12, and (b) make recommendations for improvement in achieving learning goals 1-12*;
- Provide opportunities for individual appointments in which we may discuss your learning efforts;
- Provide opportunities for you to assess your own and others¹ progress toward the actual achievement of the learning goals;
* Not every student will receive individual feedback during each class, but all students are expected to learn from all feedback given.

Learning Outcomes:
To the degree appropriate for the beginning level of ballet training, students in this course will learn to:
1. Identify and apply basic alignment while standing;
2. Apply basic alignment while in motion;
3. Apply strength and stamina;
4. Understand, apply and deepen flexibility/range of joint motion;
5. Remember and comprehend vocabulary, sequence of exercises and combinations;
6. Understand and implement the nuances of rhythm/phrasing of exercises and combinations;
7. Apply and show the qualitative dimensions of exercises/combinations;
8. Analyze and break down whole-body and body part clarity of spatial orientation in movement;
9. Translate from learning to performing; apply technique w/ sense of "self";
10. Implement technical/artistic corrections consistently & in all applicable contexts;
11. Apply commitment to instruction and correction by observing carefully, listening actively, practicing on the side, and assessing your own and others¹ progress and improvement as assigned.
12. Apply a sense of personal responsibility for learning by completing written assignments on time and with thoroughness and clarity, and learning and using correct terminology.

Learning goals 1-10 mark distinct areas of skill in dance technique. Excellence in dance artistry is a matter of developing a high degree of skill in each area and integrating these skills during the performance of movement. Learning goals 11 and 12 describe efforts/attitudes necessary for progress toward excellence in dance and indicate specific behaviors that demonstrate them.

Course Requirements:
The fundamental and ongoing assignments in this class are to:
- Attend to movement material presented, as well as to explanations and analyses of its specific components;
- Listen carefully to and apply all corrections and recommendations for improvement that I provide in class;
- Learn the movement material as quickly as you can through observation and practice;
- Perform the movement material as accurately as possible each time you are called upon to do so;
- Reflect in writing as assigned on your progress toward and actual achievement of the learning goals;
Instructor will assess student progress toward and your actual achievement of the learning goals through:
1. Daily oral feedback on work done in class;
2. Your achievement in mastering the learning goals to the degree appropriate for this course will provide the primary basis for calculating your final letter grade. Your attendance will be an additional factor in calculating your final letter grade.
3. 3/3 Concert Attendance papers

Over
Rigorous Attendance Policy

- For a 2-unit dance class, not more than 2 absences are allowed. A deduction of 15 points will start with the third absence and for each thereafter. Absolutely no make-ups will be allowed. Each student is responsible for keeping track of his/her absences.
- Classes start and end on time. If you arrive more than 10 minutes after class has begun, you will not be able to participate, but you may observe. You must turn in a thoughtful written summary at the end of class if you do observe, failure to do so will result in a loss of points.
- 3 TARDIES OR EARLY DEPARTURES EQUALS 1 ABSENCE.

ASSESSMENT/ EVALUATION/GRADING

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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<tbody>
<tr>
<td>In-class performance/attitude</td>
<td>75</td>
</tr>
<tr>
<td>3 Concert attendance papers</td>
<td>60</td>
</tr>
<tr>
<td>Final practical exam</td>
<td>35</td>
</tr>
<tr>
<td>Response/Observation papers/quiz</td>
<td>30</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>200</strong></td>
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In class performance/attitude is based on the dancer's ability relative to an absolute standard of excellence. This standard is reflected by class attendance, ability to assimilate corrections, individual growth, and willingness to take risks. Handouts may be provided. Video will be used in class occasionally.

Weekly Course Outline – Flexible and Tentative depending on Master Classes and class needs.

- **Week 1**: Introduction, Overview, Etiquette, Dress Code
- **Week 2**: Fundamentals -plie, tendu, etc.
- **Week 3**: Fundamentals -plie, tendu, etc.
- **Week 4**: Warm-up exercises elaborated on, Combinations
- **Week 5**: Discussions of Alignment, Vocabulary
- **Week 6**: Fondu, Developpe, Frappe
- **Week 7**: Musicality, Mid-term phrase work learned
- **Week 8**: Continued work on Mid-term phrases and combinations
- **Week 9**: Mid-term Practical and Written Exams
- **Week 10**: Work on above movement principles
- **Week 11-13**: Jete, Petite Allegro
- **Week 14**: Infusing artistic dynamics into phrase work
- **Week 15**: Infusing artistic dynamics into phrase work
- **Week 16**: Final combinations and phrase work. Work on final combinations, etc.

Last Week of Classes-Work for Final Practical Exam

Class Etiquette

1. Respect each other, the instructor, and the studio we create, grow, and dance in.
2. Eating and gum chewing are prohibited in dance classes.
3. Cell phones must be turned to silent. No texting allowed.
4. Students may bring their own water bottle. No other food or drink prohibited.
5. Talking in class is unacceptable except in instances when the instructor requests student discussion.
6. If you need to leave the studio for any reason, get permission from the instructor.

All technique classes require active participation, physically and mentally.

Required Attire/ Dress Code:

- Women-Pink Ballet slippers, black leotard of your choice Pink tights-women
- Men- white or black t-shirts, black tights, black or whiteballet slippers
- Warm-ups-sweat shirts, etc., may be worn for the first 15 minutes of class.
- Hair pulled back and secured. No obtrusive jewelry.

*Please feel free to make an appointment with professor at any time during semester for any questions or concerns you may have regarding this course and its requirements.

***Student Tutorial on how not to plagiarize:** [http://library.csus.edu/content2.asp?pageID=353](http://library.csus.edu/content2.asp?pageID=353). There is a ZERO TOLERANCE Policy for Plagiarism. ***If you have a disability and require accommodations, you need to provide disability documentation to SSWD, Lassen Hall 1008, (916) 278-6955. Please discuss your accommodation needs with me after class or during my office hours early in the semester. (Note-The “Dropping” of any course MUST be done by STUDENT, following appropriate steps.)

Dance is music made visible. - George Balanchine