

DANC G108: PILATES AND BARRE FOR DANCERS

Item	Value
Curriculum Committee Approval Date	10/15/2024
Top Code	100800 - Dance
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)

Course Description

This course is for the intermediate/advanced dancer to create a better understanding and application of the exercise principles, theory, and history of the Pilates method with classical ballet barre and is designed to improve and enhance dance technique and performance. This course will include training for dancers in Pilates principles, terminology, alignment, breath, strength and flexibility exercises, injury prevention, endurance and kinesiological awareness along with elements from classical ballet barre including plié, petite battement tendu, dégagé, rond de jambe, fondu, développé, grande battement, barre stretch in all positions and basic ballet terminology. Elements from Pilates may include but are not limited to mat work, ball, magic circle, theraband, foam roller and reformer. Proper breathing techniques will be emphasized. ADVISORY: DANC G105 or DANC G106 or instructor permission. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate Pilates exercises at an intermediate/advanced level.
3. Use ballet barre exercises at an intermediate/advanced level.
4. Employ principles of alignment, breath, strength, flexibility and injury prevention at an intermediate/advanced level.

Course Objectives

- 1. Use specific Pilates and ballet terminology through writing and/or skills demonstration.
- 2. Apply improved body coordination at an intermediate/advanced level.
- 3. Employ increased abdominal strength and pelvic stability at an intermediate/advanced level.

Lecture Content

Warm-up exercises Traditional ballet barre exercises Small muscle groups Large muscle groups Floor Work and exercises Pilates mat work Ballet stretches Breathing techniques Strength training

Lab Content

Work with equipment and apparatus Theraband stretch band Magic circle Ball Foam roller Light weights Ballet barre Pilates reformer

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Reading Assignments

Instructor prepared handouts.

Writing Assignments

Identify Pilates terminology, exercises and techniques at an intermediate/advanced level. Identify classical ballet barre terminology, exercises and techniques at an intermediate/advanced level. Attend Pilates master classes, show evidence of attendance and submit written critique for the purpose of critical evaluation.

Out-of-class Assignments

1. Viewing and written critique of Pilates materials for the purpose of critical evaluation.

Demonstration of Critical Thinking

Attend Pilates master classes, show evidence of attendance and submit written critique for the purpose of critical evaluation. Extra credit viewing and written critique of Pilates materials for the purpose of critical evaluation.

Required Writing, Problem Solving, Skills Demonstration

Identify Pilates terminology, exercises and techniques at an intermediate/advanced level. Identify classical ballet barre terminology, exercises and techniques at an intermediate/advanced level.

Eligible Disciplines

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Eric Franklin. Conditioning for Dance, Second ed. (Classic text): Human Kinetics, 2019 Rationale: Classic text

Other Resources

1. Instructor prepared handouts. 2. Athletic style clothing and/or dancewear