

DANC G220: BALLET 3 - ADVANCED

Item	Value
Curriculum Committee Approval Date	02/18/2020
Top Code	100800 - Dance
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; 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

Formerly: Advanced Ballet. Advanced level ballet techniques. Classroom participation in barre work, complex centre practice and advanced adagio and allegro combinations. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate all phases of a turn from the preparation through the final landing position at an advanced level.
3. Perform with clarity and precision advanced level barre work, centre practice, and adagio and allegro combinations.
4. Demonstrate increased strength, flexibility and endurance through practice and repetition of advanced ballet techniques.

Course Objectives

- 1. Use the names and provide definitions and descriptions of all advanced ballet exercises which would include positions of the feet, port de bras, body positions, and adagio and allegro combinations.
- 2. Identify and demonstrate balance, extension and elevation as it relates to the execution of ballet combinations at an advanced level.
- 3. Discuss the history, contributions and impact of a chosen full-length ballet including the names of choreographers, composer, performers, and ballet companies identified with that ballet.

Lecture Content

Ballet terms Exercises and combinations at advanced level Barre Pli s Tendu Battement Rond de jambe Developp Port de bras Centre-floor Adagio and Allegro Relev s Arabesque Attitude Chass Pirouette Chainé Jet Saute Reverence Qualities of ballet performance Elements of ballet as an art Principles of ballet choreography at intermediate level Techniques of ballet choreography at intermediate level History of ballets Swan Lake The Nutcracker La Bayadere Giselle La Sylphide Coppelia Don Quixote

Cinderella Sleeping Beauty Romeo and Juliet Guidelines for attendance and observation at a live concert dance performances for the purpose of written critical evaluation.

Lab Content

Advanced ballet warm-up exercises Head, shoulder, arm and ankle circles Side bends Flex-point combinations Hamstring stretches Combination of the above Advanced ballet barre work Plie-grand and demi Plie in all positions of the feet while coordinating arms, head, and neck Battement tendu-changing the tempo and accents Battement degage Battement frappe Rond de jambe a terre en dehors and en dedans plus en l'air and grand rond de jambe Petit Battement-double and triple beats Fondu Balancoire and developpe combined Grand Battement Advanced exercises in the centre Port de bras 'sans-serif; color: black; Body positions Croise devant A la quatrieme evant Ecarte Efface Epaule A la seconde A la quatrieme derriere Crois derriere Advanced combinations of the above Adagio movement Plie Releve Glissade Elonge Retire Soutenu Ronde de jambe, developpe, pique and promenade

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Reading Assignments

Reading from textbook as assigned Analysis and critiques of written materials (books, digital, online) as assigned

Writing Assignments

Analysis and critiques of visual materials (video, DVD, digital, online) as assigned Attendance at a live ballet dance concert for the purpose of written critical evaluation Skills demonstration and/or written tests given during semester on learned movement skills

Out-of-class Assignments

Analysis and critiques of visual materials (video, DVD, digital, online) as assigned Attendance at a live ballet dance concert for the purpose of written critical evaluation

Demonstration of Critical Thinking

Analysis and critiques of written materials (books, digital, online) as assigned Written critical evaluation of a live ballet dance concert Identification and definition of ballet terminology and vocabulary

Required Writing, Problem Solving, Skills Demonstration

Skills demonstration and tests of ballet barre techniques, centre floor adagio and allegro. Skills demonstration and tests on learned movement combinations as part of mid-term and final examinations Written quizzes on ballet terminology and vocabulary Analysis and critiques of written materials (books, digital, online) as assigned Written critical evaluation of a live ballet dance concert

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 Sandra Hammond. *Ballet: Beyond the Basics*, 1st ed. Waveland, 2011

Rationale: This is a classic textbook.

Other Resources

1. Instructor provided handouts Appropriate ballet dancewear and/or leotard, tights or leggings, toe shoes and/or ballet shoes Optional digital and/or online recordings of accompaniments Optional digital and/or online video and audio recordings