

Fall 9-1-2005

## DAN 104A.01: Ballet I

Unknown

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# **DANCE 104-01**

## **BALLET I**

### **SYLLABUS**

**DESCRIPTION:** This course is designed to introduce students kinesthetically and intellectually to the art of classical ballet. Fundamental ballet positions and steps/vocabulary are introduced and practiced to develop strength, stamina, coordination and flexibility. Correct body alignment and basic anatomical terms are emphasized to increase movement efficiency and to avoid injuries.

#### **OBJECTIVES:**

Develop an appreciation of ballet as an art form.

Discover dance as a means of expression as well as a physical exercise.

Create an educated dance audience.

Stimulate students to become interested in all local arts productions.

Develop an appreciation for the human body – especially their own.

Discover individual capabilities and help students to reach their full potential.

Achieve an understanding of basic anatomy and its application to dance.

Develop an understanding of the basic French terminology.

Give students an overview of ballet history.

Achieve an understanding of music tempos and meters and their use in ballet.

**METHODOLOGIES:** Classes typically begin at the “barre” where students warm up and learn correct “placement,” or body alignment. Strengthening and stretching exercises precede “center floor” work. “Combinations” of steps throughout the class are demonstrated and explained by the instructor before being executed by the students.

**CRITERIA:** Students’ achievement is judged primarily by observation and evaluation of progress over the course of the semester. Attendance is essential for development of strength and flexibility.

**ASSESSMENT:** A vocabulary test is given to assess students’ comprehension of French ballet terminology. Written critiques and participation in classroom discussions of dance concerts are required to enhance the students’ understanding and appreciation of all types of dance as theatrical arts and as academic disciplines.