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DANC 110A.01: Ballet I

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DANC 110A Section 01: Ballet I (2 credits)
Monday/Wednesday 1:10-2:30 pm PARTV 035
Prerequisites: None

SPRING 2016

The University of Montana
School of Theatre & Dance
Office Hours: By appointment only.

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Course Description

This course is designed to introduce students kinesthetically and intellectually to the art of classical ballet. Fundamental ballet positions, steps and 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. This course further proposes to unite one's body, mind and creative energy through movement sequences and excite participants about dance.

Objectives

1. Develop an appreciation of ballet as an art form.
2. Discover dance as a means of expression as well as a physical exercise.
3. Create educated dance audiences.
4. Stimulate students to become interested in all forms of dance.
5. Develop an appreciation for the human body – especially their own.
6. Discover individual capabilities and help students to reach their full potential.
7. Achieve an understanding of basic anatomy and its application to dance.
8. Develop an understanding of basic French terminology.
9. Give students an overview of ballet history.
10. Achieve an understanding of music tempos and meters and their use in ballet.

Course Content

I. Introduction

- A. Description of course
- B. Structure of course
- C. Expectations (Attendance and Grading Policy)
- D. Writing Assignments

II. Description of the Course: The Technical Aspects

- A. Demonstration of Line and Form
 - a. Students become able to stabilize the pelvis
 - b. Students understand the difference between rotated and parallel positions
- B. Dynamic Alignment
 - a. Students have a basic understanding of postural alignment

- b. Students demonstrate safe turnout/external rotation of the legs
 - c. Students land safely from jumps
- C. Spatial Awareness
 - a. Students understand concepts related to space
 - b. Students understand kinesphere
 - c. Students demonstrate ability to move within space while maintaining relationship to others
- D. Rhythmic Accuracy
 - a. Students understand concepts of time
 - b. Students dance with an awareness of the beginnings and endings of phrases
 - c. Students demonstrate ability to accent movement
- E. Strength, Flexibility and Endurance
 - a. Students develop strength in torso, feet, legs, arms and overall alignment
 - b. Students have familiarity with proper stretching techniques for major muscle groups
 - c. Students have the ability to easily complete a 1.5 hour technique class
- F. Professionalism, Etiquette and Performance Ability
 - a. Students understand concepts related to movement quality
 - b. Students develop their concentration efforts
 - c. Students demonstrate classroom etiquette
 - d. Students demonstrate personal investment in class
 - e. Students demonstrate willingness to experiment
 - f. Students have an appreciation for different movement approaches

III. Structure of Course

Class begins promptly at **1:10 PM**. Students arriving late will not be permitted to take class (for safety purposes), and will instead observe and take notes. Three observations equal one absence. Class will end at **2:30 PM**. Students are required to remain in class until it finishes. Consistent tardiness and/or departure from class before its end will result in lowering of one's grade, if a student arrives late three times or leave early three times it will equal one absence.

Injury

To avoid injury, it is recommended that you arrive early to class to begin warming yourself up, bring water to class and be sure that you have eaten before class. Please notify the instructor of any injury (current or past) that may affect your full performance in class. Should an injury require that a student observe class, it is expected that the student dutifully watch the class and apply what is being taught and discussed to her/his own improvement in class. Notes should be taken for each part of class. This observation should result in a substantial set of notes that should be submitted to the instructor following the class observed. While observing class, students are required to be mindful and quiet as to not detract from the teaching and performance efficacy of the teacher, classmates and accompanist.

Attire

Street shoes are not permitted in the dance studios. Movement will be experienced with ballet technique shoes or socks. Long hair must be pulled back. Students should plan to

wear clothing suitable for movement and should take into account keeping the body warm for the beginning and end of class, bring extra clothing.

IV. Expectations: Attendance and Grading Policy

Attendance is important in any field, but vital in the field of dance. Learning to dance requires that your body do it. You won't gain in flexibility, and strength, or in your ability to pick up movement or generate your own movement by hearing about what happened from a classmate, watching a film of the dance or reading about it in a book. In other words, there is no way to make up the material you miss.

So, the Dance Faculty EXPECTS STUDENTS TO BE IN EVERY CLASS. However, knowing that unpredictable circumstances can arise, students are permitted absences determined by each instructor. Students may also make up classes, according to each instructor. Make-ups are determined by the instructor and may include: watching and writing a one-page observation of another dance class that is either a more advanced level of the style the student is studying (or a different style), or by participating in another section of the same level and style of the class.

AFTER YOU HAVE USED YOUR ABSENCES AND MAKEUPS, YOU WILL BE DOCKED ONE-THIRD OF A GRADE FOR EVERY ADDITIONAL ABSENCE.

GRADING: Dance is different from many other fields in that a student's work is not as quantifiable as it is in some other subjects, such as history or math. For this reason we do not have a point breakdown, but rather general guidelines.

To receive an "A" you must:

- show signs of aptitude for dance technique
- have an energetic, attentive attitude
- progress over the semester
- be at the top level of the class
- and, of course, fulfill the attendance, critique, and exam requirements

You will receive an "F" if your absences and lack of critiques add up (or subtract) to an "F."

Your grade will be lowered by one-third of a point for each critique you do not hand in (e.g., if you start with a B, your grade will drop to a B-, then C+ and you will receive a "C+").

Students may receive an "incomplete" (I) only if there are exceptional circumstances *that have been discussed with the instructor.*

NOTE: LOCKER RENTALS ARE AVAILABLE FOR ALL STUDENTS IN THE DANCE CLASSES. WE RECOMMEND THAT YOU DO NOT LEAVE PERSONAL BELONGINGS UNATTENDED IN THE DRESSING ROOMS, HALLWAYS, OR

DANCE STUDIOS, AS **THEFTS FREQUENTLY OCCUR**. LOCKERS MAY BE RENTED FOR \$7.00/SEMESTER, OR \$13/TWO

V. Methodologies

Classes typically begin at the “barre” where students warm up and learn correct 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.

PLEASE NOTE: At any point you feel further discussion would aid your development, please schedule a meeting with the instructor. Further assignments may be scheduled throughout the semester at the discretion of the instructor.

Students with disabilities may request reasonable modifications by contacting me. The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult <http://life.umt.edu/dss/>.

Academic Misconduct and the Student Conduct Code

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at http://www.umt.edu/vpsa/policies/student_conduct.php.

All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance *Student Handbook*. The *Handbook* is available online at <http://www.umt.edu/umarts/theatredance/About/handbook.php>.

There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.

Due to safety considerations, at **no** point during a student’s time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student **without my consent**. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student’s grade.