

DANC 1B: INTERMEDIATE BALLET

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Ballet & Conditioning family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform the intermediate and advanced exercises of Ballet Technique, demonstrating correct body placement and positions while exhibiting flexibility, coordination and core strength.
- Identify intermediate and advanced ballet steps and combinations with correct terminology and analyze musical accompaniment and phrasing.

Description

Continuation into the intermediate fundamentals of ballet technique and training. Includes the intermediate vocabulary and practice of barre and center floor exercises.

Course Objectives

The student will be able to:

- Perform the exercises of intermediate ballet technique, including barre warm-up and center floor combinations
- Define the traditional vocabulary of steps in the intermediate ballet class syllabus
- Explain the progression and purpose of the specific order of intermediate classroom exercises
- Analyze the historical development of ballet dancing
- Increase body awareness and confidence
- Apply the concepts of proper alignment and placement in all activities
- Recognize ballet as both a physical discipline and an artistic expression
- Appreciate classical music as an integral part of the ballet class

Course Content

- Barre exercises
 - Plie
 - Tendu
 - Degage

- Rond de jambe a terre
 - Grand rond de jambe a l'aire
 - Frappe
 - Fondu
 - Developpe ballotte
 - Petit battement
 - Penche
 - Grand battement balancoire
 - Grand foette releve en tournant
- Center floor exercises
 - Adagio
 - Promenade
 - Temps lie
 - Pas de basque
 - Centre
 - Pirouette en dehors
 - Pirouette en dedans
 - Pirouette in arabesque
 - Waltz
 - Renverse
 - Fouette
 - Grandes pirouettes
 - Petit allegro
 - Temps leve
 - Sissonne tombe
 - Entrechat trois
 - Grande allegro
 - Grand jete
 - Ballonne
 - Pas de chat
 - Tour jete
 - Historical analysis of ballet dancing
 - Sources and influences of historical periods on ballet styles
 - Transition from highly specialized training to a universal form of exercise
 - Body awareness
 - Alignment
 - Placement
 - Strength
 - Flexibility
 - Agility
 - Endurance
 - Coordination
 - Control
 - Grace
 - Artistic references
 - Reference to contemporary dance companies and performances
 - Sources and styles of musical accompaniment for ballet class

Lab Content

- a. Demonstration and practice of intermediate ballet barre exercises
- b. Demonstration and practice of intermediate ballet center floor exercises
- c. Demonstration and practice of proper body awareness and alignment

Special Facilities and/or Equipment

1. Dance studio, comfortable exercise clothing, and proper ballet shoes.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Evaluation of performance skills through the intermediate level
Objective exams
Cooperative learning assignments
Term paper

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture presentations and classroom discussion using the language of intermediate classical ballet
Cooperative learning exercises
Laboratory
Demonstration

Representative Text(s) and Other Materials

Grant, Gail. Technical Manual and Dictionary of Classical Ballet. 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- a. Written critique of a live dance performance
- b. Optional writing exercises based on recommended reading

Discipline(s)

Dance