

# DANC 1C: ADVANCED BALLET

## Foothill College Course Outline of Record

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

## Student Learning Outcomes

- A successful student will be able to define the traditional vocabulary of steps in the advanced ballet class syllabus.
- A successful student will be able to perform the exercises of advanced ballet technique including barre warm-up and center floor combinations.

## Description

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

## Course Objectives

The student will be able to:

- perform the exercises of advanced ballet technique, including barre warm-up and center floor combinations.
- define the traditional vocabulary of steps in the advanced ballet class syllabus.
- explain the progression and purpose of the specific order of advanced 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 en l'aire
  - frappe
  - fondue
  - developpe ballotte
  - petit battement
  - penche

- grand battement balancoire
  - grand foette releve en tournant
  - battu
- Center floor exercises
    - adagio
      - promenade
      - temps lie
      - pas de basque
      - temps lie sur les pointes
      - brise
    - centre
      - pirouette en dehors
      - pirouette en dedans
      - pirouette in arabesque
      - chaines
      - chasse
    - waltz
      - renverse
      - fouette
      - grandes pirouettes
      - pirouette a la second
      - pirouette piquee
    - petit allegro
      - temps leve
      - sissonne tombe
      - echappe
      - entrechat six
      - assemble en tournant
    - grande allegro
      - grand jete
      - ballonne
      - pas de chat
      - tour jete
      - cabriole
      - tour en l'air
      - grand jete in attitude
      - fouette rond de jambe en tournant
  - 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

- Demonstration and practice of advanced ballet barre exercises
- Demonstration and practice of advanced ballet center floor exercises
- Demonstration and practice of proper body awareness and alignment

## **Special Facilities and/or Equipment**

Dance studio, comfortable exercise clothing and proper ballet shoes.

## **Method(s) of Evaluation**

- A. Evaluation of performance skills through the advanced level
- B. Objective exams
- C. Cooperative learning assignments
- D. Term paper

## **Method(s) of Instruction**

Lecture presentations and classroom discussion using the language of advanced classical ballet, cooperative learning exercises, laboratory, demonstration.

## **Representative Text(s) and Other Materials**

Grant, Gail. [Technical Manual and Dictionary of Classical Ballet](#). CreateSpace Publishing, 2013.

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

Written critique of a live dance performance, optional writing exercises based on recommended reading.

## **Discipline(s)**

Dance