



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

**LAST REVIEW: 2009-10**

**NEXT REVIEW: 2014-15**

**STATUS: A**

**COURSE TITLE: Pointe I**

**COMMON COURSE NUMBER: DAA2220**

**CREDIT HOURS: 1**

**CONTACT HOUR BREAKDOWN**

**CLOCK HOURS:**

Lecture:

Lab: 32

Clinic:

Other:

**PREREQUISITE(S): DAA2282 or permission of the instructor**

**COREQUISITE(S):**

**PRE/COREQUISITE(S):**

## **COURSE DESCRIPTION:**

**This course is an introduction to the theory and practice of pointe work for the ballet class. Students will learn the history and structure of pointe shoes, proper fit and maintenance, and will develop strength, coordination and movement quality through exercises and performance.**

## **UNIT TITLES**

- 1. History of ballet and pointe work**
- 2. Parts and purpose of a pointe shoe**
- 3. Anatomy of the foot and individual needs in pointe shoes**
- 4. Proper fit, preparation, care and maintenance of a pointe shoe**
- 5. Exercises at the barre and in center work**

## **ASSESSMENT:**

**Student's performance will be assessed through in-class written tests and through weekly observations of dance performance.**



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## UNITS

### Unit 1 History of Ballet and Point Work

#### General Outcome:

- 1.0 The student should be able to explain a brief history of ballet and the development of pointe shoes as related to ballet.

#### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 1.1 Explain a brief history of ballet from 1500-1800.
- 1.2 Explain the development of pointe work in the 19<sup>th</sup> century.
- 1.3 Explain the transitions in ballet movements as the pointe shoe is developed.



**Unit 2. Parts and Purpose of a Pointe Shoe**

**General Outcome:**

- 2.0 Students should be able to identify the parts of a pointe shoe and its purpose in pointe work.**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to:**

- 2.1 Identify tip.**
- 2.2 Identify pleats.**
- 2.3 Identify box and supports.**
- 2.4 Identify vamp.**
- 2.5 Identify shank.**
- 2.6 Identify drawstring.**
- 2.7 Identify seams --- waist and back.**



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## Unit 3. Anatomy of the Foot and Individual Needs in Pointe Shoes

### General Outcome:

- 3.0 Students should be able to discuss the anatomy of the foot and identify various individual needs in fitting pointe shoes.

### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 3.1 Identify and explain the anatomy of the foot.
- 3.2 Identify and explain the anatomy of the pointe shoe.
- 3.3 Identify and explain the types of feet and their benefits and/or drawbacks as related to pointe work
- 3.4 Identify and explain the types of pointe shoes and their benefits and drawbacks as related to the individual



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## Unit 4. Proper Fit, Preparation, Care and Maintenance of a Pointe Shoe

### General Outcome:

- 4.0 Students should be able to recognize the proper fit of a pointe shoe, prepare the shoe for pointe work, and understand the care and maintenance of pointe shoes.

### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 4.1 Recognize individual needs and find the proper fit in a pointe shoe.
- 4.2 Learn how to prepare a pointe shoe for wear.
- 4.3 Understand how to care and maintain a pointe shoe for safety and longevity.



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## Unit 5. Exercises at the barre and in center work

### General Outcome:

- 5.0 Students should be able to perform exercises at the barre, in the center, and across the floor on pointe with strength, coordination and fluidity while developing movement quality.

### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 5.1 Perform exercises facing the barre.
- 5.2 Perform exercises with one hand on the barre.
- 5.3 Perform exercises in the center of the room.
- 5.4 Perform exercises across the floor.