



Broward Community College

Course Outline

STATUS: A

COMMON COURSE NUMBER: DAA 2280

COURSE TITLE: Ballet I

CREDIT HOURS: 2

CONTACT HOURS BREAKDOWN:

Lecture/Discussion

Lab 64

Other

Contact Hours/Week 4

CATALOG COURSE DESCRIPTION:

Prerequisite: None

Corequisite: None

An academic study of techniques and theoretical concepts of ballet for the performance-oriented student. Includes warm-up, barre, and centre combinations. Coeducational.

General Education Requirements - Associate of Arts Degree, meets Area(s):
General Education Requirements - Associate in Science Degree, meets Area(s):

UNIT TITLES:

1. Floor warm-up, body alignment
2. Barre exercises
3. Centre floor
4. Performance/audition preparation
5. Aesthetics of dance, viewing and critiquing

I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate correct body alignment during floor warm-up exercises and barre exercises, perform beginning ballet aesthetic attributes of ballet.

II. Units:

Unit 1. Floor warm-up, body alignment

General Outcome:

- 1.0 The students should be able to initiate correct spinal alignment through a specific series of on-the-floor conditioning exercises necessary for proper preparation to dance.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Demonstrate awareness of skeletal form and correct placement of body parts with clear understanding of control zone, degree of rotation, and placement of weight.
- 1.2 Understand deep breathing as related to muscular oxygenation and correct use with each exercise.
- 1.3 Recognize deep breathing as a meditation and focus on inner attitude to precede action.
- 1.4 Demonstrate proper dance posture and centering.
- 1.5 Describe floor warm-up or therapeutic barre as personal and necessary maintenance for the dancer's body/instrument.
- 1.6 Understand the concept of 'release' as a precursor to all movement.

Unit 2.

Barre Exercises

General Outcome:

- 2.0 The students should be able to recognize and demonstrate ballet barre exercises using the correct French terminology and executing in correct alignment.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Execute the following:

- 2.1.1 Five basic positions of the feet and arms
- 2.1.2 Demi-plié
- 2.1.3 Grand plié
- 2.1.4 Battement tendu
- 2.1.5 Battement jeté (degagé)
- 2.1.6 Rond de jambe à terre (en dehors, en dedans)
- 2.1.7 Battement frappé
- 2.1.8 Adagio exercise consisting of:
 - 2.1.8.1 battement fondu
 - 2.1.8.2 battement développé
 - 2.1.8.3 cambré (devant, à la seconde, derriere)
 - 2.1.8.4 passé, retiré
 - 2.1.8.5 port de bras (the "gateway")
- 2.1.9 Grand battement
- 2.1.10 Petite battement
- 2.1.11 Relevé, élevé
- 2.1.12 Temps lié
- 2.1.13 Jumps-sauté, soubresaut, changement, échappé sauté, temps levé

2.2 Perform the following movements at the barre:

- 2.2.1 soussus
- 2.2.2 détourné
- 2.2.3 en cloche (straight, attitude)

- 2.3 Attain strength, balance, alignment, and fluidity of motion.

Unit 3. Centre Floor

General Outcome:

3.0 The students should be able to recognize and perform combinations of beginner ballet steps with emphasis on correct execution and vitality of presentation.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

3.1 Perform the following steps in any simple combination:

3.1.1 Centre practice - 8 basic body positions

- 3.1.1.1 croisé devant
- 3.1.1.2 à la quatrième devant
- 3.1.1.3 effacé
- 3.1.1.4 écarté
- 3.1.1.5 à la seconde
- 3.1.1.6 épaulé
- 3.1.1.7 à la quatrième derrière
- 3.1.1.8 croisé derrière

3.1.2 Adagio

- 3.1.2.1 positions of the arms and feet (1st-5th)
- 3.1.2.2 arabesques (1st, 2nd, 3rd)
- 3.1.2.3 battement développé
- 3.1.2.4 battement fondu
- 3.1.2.5 arabesque en promenade
- 3.1.2.6 failli
- 3.1.2.7 piqué
- 3.1.2.8 port de bras
- 3.1.2.9 temps lié

3.1.3 Turns

- 3.1.3.1 Soutenu, pas de basque
- 3.1.3.2 chaînés
- 3.1.3.3 4th position (en dehors, en dedans)
- 3.1.3.4 piqué
- 3.1.3.5 spotting technique for all turns

3.1.4 Allegro

- 3.1.4.1 pas de bourrée (dessus, dessous)

- 3.1.4.2 pas de chat
- 3.1.4.3 pas de basque (no jump)
- 3.1.4.4 glissade (simple, change)
- 3.1.4.5 jeté (dessus, dessous)
- 3.1.4.6 assemblé (dessus, dessous)
- 3.1.4.7 changement
- 3.1.4.8 tombé
- 3.1.4.9 chassé
- 3.1.4.10 soubresaut
- 3.1.4.11 emboité
- 3.1.4.12 sissone (simple, en avant, decoté)

3.1.5 Big jumps

- 3.1.5.1 grand jeté
- 3.1.5.2 arabasque fouetté
- 3.1.5.3 sauté arabe

3.1.6 Movements in three-quarter time

- 3.1.6.1 balancé (side-to-side, front-to-back)
- 3.1.6.2 polka
- 3.1.6.3 mazurka

3.2 Reverence

3.3 Seven movements of dance

- 3.3.1 elancer
- 3.3.2 etendre
- 3.3.3 glisser
- 3.3.4 plier
- 3.3.5 relever
- 3.3.6 sauté
- 3.3.7 tourner

Unit 4.

Performance/Audition Preparation

General Outcome:

- 4.0 The students should be able to learn correct dance audition techniques, understand appropriate mental and physical preparation, and perform several combinations of ballet steps before an audience.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Understand and perform, with little practice, a simple combination as might be required in an audition.
- 4.2 Present a variety of characterizations of ballet steps for audition purposes.
- 4.3 Demonstrate concentration and self-discipline in class and rehearsals for performance.
- 4.4 Learn the use of simple ballet make-up and costume.
- 4.5 Perform the final combinations with confidence and correct technique.

Unit 5. Aesthetics of Dance - Viewing and Critiquing

General Outcome:

- 5.0 The students should be able to recognize differences in aesthetic quality of various dance forms and write a critique of a live dance performance.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Identify the different "schools" of classical ballet, as well as contemporary ballet and modern dance forms.
- 5.2 Become familiar with important teachers, choreographers, and trends in ballet, past and present.
- 5.3 Recognize spatial and temporal qualities of choreography.
- 5.4 Relate music to dance patterns and rhythms.
- 5.5 Recognize integration of theatrical elements in ballet.
- 5.6 Relate use of correct technique and execution in both solo and ensemble work.