

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/intermediate ballet step combinations before an audience and recognize 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 Understand 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 all barre exercises with increased proficiency of technique and presentation.

Specific Learning Outcomes:

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

- 2.1 Execute the following with increased difficulty, speed and duration:
- 2.1.1 Battement frappé double pointe
 - 2.1.2 Battement fondu and battement développé en relevé
 - 2.1.3 Rond de jambe a terre (en dehors, en dedans, double)
 - 2.1.4 Rond de jambe en l'air (en dehors, en dedans, double, en relevé)
 - 2.1.5 Balancoire
 - 2.1.6 Echappé sauté battu
 - 2.1.7 Entrechat quatre, royal
- 2.2 Perform combinations at the barre with increased balance, strength, alignment, and speed.

Unit 3. Centre Floor

General Outcome:

3.0 The students should be able to recognize and perform combinations of intermediate ballet steps with increased proficiency of technique, speed and presentation.

Specific Learning Outcomes:

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

3.1 Perform the following steps in combinations of increased difficulty, speed, and/or duration.

3.1.1 Centre practice - 8 basic body positions in addition to:

3.1.1.1 effacé (devant, derrière)

3.1.1.2 écarté (devant, derrière)

3.1.1.3 epaulé (devant, derrière)

3.1.1.4 piqué arabesque fouetté

3.1.2 Adagio

3.1.2.1 arabesque (penché, piqué, en relevé)

3.1.2.2 battement (developpé and fondu en relevé)

3.1.3 Turns

3.1.3.1 pirouettes from 4th (en dehors, en dedans, double)

3.1.3.2 pirouettes from 5th (en dehors)

3.1.3.3 pirouettes from 2nd (en dehors, en dedans)

3.1.4 Allegro

3.1.4.1 pas de bourrée (en tournant, piqué)

3.1.4.2 pas de chat (grand)

3.1.4.3 pas de basque (with jump)

3.1.4.4 glissade (dessus, dessous, en avant, en arriere)

- 3.1.4.5 jeté (dessus, dessous, battu)
- 3.1.4.6 assemblé (dessus, dessous, battu)
- 3.1.4.7 brisé
- 3.1.4.8 ballonné
- 3.1.4.9 ballotté
- 3.1.4.10 contretemps
- 3.1.4.11 temps de cuisse
- 3.1.4.12 sissonne (en avant, en arriere,
decoté fermé, ouverte)
- 3.1.4.13 saut de basque
- 3.1.4.14 emboité(en tournant)
- 3.1.4.15 cabriole

3.1.5 Big Jumps

- 3.1.5.1 grand jeté (saut de chat, entrelacé)
- 3.1.5.2 grand pas de chat
- 3.1.5.3 tour en l'air (en dehors, men)
- 3.1.5.4 entrelacé or grand jeté en tourant

Unit 4. Performance Preparation

General Outcome:

- 4.0 The students should be able to prepare a repertoire of steps for auditions and perform a brief ballet in front of an audience.

Specific Learning Outcomes:

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

- 4.1 Memorize and perform combinations as might be required in an audition.
- 4.2 Perfect presentation techniques for dance auditions and performances.
- 4.3 Demonstrate professional levels of discipline for class, auditions, rehearsals, and performance.
- 4.4 Learn about costumes and make-up for dance in relation to dance history.
- 4.5 Participate (with proficiency) in a performance.

Unit 5. Choreographic Experience

General Outcome:

- 5.0 The students should be able to choreograph a ballet on one and one half to three minutes, choosing music and steps appropriate to their level of proficiency.

Specific Learning Outcomes:

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

- 5.1 Determine musical form, tempo, and time signature for their individual music.
- 5.2 Know and use various rhythmic and spatial variations.
- 5.3 Create a characterization, story or mood through their choreographic choices appropriate for the music.
- 5.4 Perform, or have performed, their choreography with proper technique, musicality and presentation.
- 5.5 Choose appropriate make-up and costumes for the choreography.

Unit 6. Aesthetics/Critique of Live Ballet Performance

General Outcome:

- 6.0 The students should be able to recognize specific differences in aesthetic quality of various ballets and write a critique of a live ballet performance.

Specific Learning Outcomes:

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

- 6.1 Identify the different "schools" of ballet technique.
- 6.2 Become familiar with the classical ballets and understand contemporary ballet.
- 6.3 Recognize choreographic qualities, patterns, levels, rhythms, dynamics and be able to critically evaluate their use.
- 6.4 Relate to the music and the composers, lighting, set design, and costumes of the ballet.
- 6.5 Recognize correct technique and be able to critically evaluate.
- 6.6 Express individual appreciation of the ballet as an art.