

Ballet

Course Outcome Summary

Course Information

Organization	Madison Area Technical College
Developers	Robin M. Fonfara
Development Date	6/1/2000
Course Number	20-807-248
Instructional Level	College Parallel
Potential Hours of Instruction	32
Total Credits	1

Description

Introduces classical ballet technique. Emphasizes the acquisition of proper ballet technique, postural alignment and increased flexibility.CrLf

Types of Instruction

Instruction Type	Contact Hours	Credits
Classroom Presentation	32	1

Textbooks

Grant, Gail. *Technical and Manual Dictionary of Classical Ballet*. Dover Publications. 1982. **Edition:** Third Revised ed.

Warren, Gretchen. *Classical Ballet Technique*. The University of South Florida Press. 1989.

Learner Supplies

Appropriate dance wear. **Manufacturer:** ---.

Appropriate ballet slipper. **Manufacturer:** ---.

Notebook. **Manufacturer:** ---.

Folder. **Manufacturer:** ---.

Pen. **Manufacturer:** ---.

Exit Learning Outcomes

Core Abilities

- A. Communication
- B. Self-management

Competencies

Unit 1. Introduction to movement theory and practice

A. Analyze seven elements of danceCrLf

Competence will be demonstrated:

A.1. by class discussion and demonstration

- A.2. on a written exam
- A.3. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- A.1. you summarize seven elements of dance (gravity, balance, posture, gesture, rhythm, and moving in space) as matches classroom lecture and handout
- A.2. you identify three specific elements of dance as personally relevant to their dance training
- A.3. you implement goals for using selected elements in their dance technique training

B. Analyze the relationship between physical alignment and balance in dance movement

Competence will be demonstrated:

- B.1. by class question and answer
- B.2. on a written exam
- B.3. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- B.1. you summarize the term "postural center"
- B.2. you explain the role of "postural center" in maintaining balance in dance movement
- B.3. you demonstrate control over their own "postural center" while engaged in dance movement

C. Implement "turn out" and implement in technique training

Competence will be demonstrated:

- C.1. by class question and answer
- C.2. on a written exam
- C.3. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- C.1. you define the term "turn-out" in relationship to dance training
- C.2. you explain the muscular and skeletal adjustments necessary to maintain movement in a "turned-out" position
- C.3. you demonstrate the use of their own degree of "turn-out" while engaged in dance movement

D. Demonstrate flexibility training

Competence will be demonstrated:

- D.1. on a written exam
- D.2. by class demonstration
- D.3. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- D.1. you describe the difference between ballistic and static stretching
- D.2. you identify contraindicated flexibility exercises
- D.3. you demonstrate appropriate flexibility exercises

Unit 2. Technique Training

A. Demonstrate barre exercises

Competence will be demonstrated:

- A.1. by class demonstration
- A.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- A.1. you demonstrate the demi plie' movement
- A.2. you demonstrate the grand plie' movement
- A.3. you demonstrate the battement tendu movement
- A.4. you demonstrate the battement tendu jete' movement
- A.5. you demonstrate the rond de jambe movement
- A.6. you demonstrate the frappe' movement
- A.7. you demonstrate the petit battement movement
- A.8. you demonstrate the grand battement movement
- A.9. you demonstrate the port de bras movement
- A.10. you demonstrate the cambre' movement
- A.11. you demonstrate the releve' movement
- A.12. you demonstrate the retire' movement
- A.13. you demonstrate the sous sus movement
- A.14. you demonstrate positions one through five of the arms and legs (French School)
- A.15. you demonstrate the a la quatrieme devant position of the body
- A.16. you demonstrate the a la quatrieme derrieret position of the body
- A.17. you demonstrate the a la seconde position of the body
- A.18. you demonstrate the petit battement movement

B. Demonstrate Centre work

Competence will be demonstrated:

- B.1. by class demonstration
- B.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- B.1. you demonstrate the saute' movement used in Petit Allegro work
- B.2. you demonstrate the soubresaut movement used in Petit Allegro work
- B.3. you demonstrate the changement movement used in Petit Allegro work
- B.4. you demonstrate the echappe' saute' movement used in Petit Allegro work
- B.5. you demonstrate the coupe' movement used in Petit Allegro work
- B.6. you demonstrate the petit jete' movement used in Petit Allegro work
- B.7. you demonstrate the glissade movement used in Petit Allegro work
- B.8. you demonstrate the pas de bourree movement used in Petit Allegro work
- B.9. you demonstrate the pas de chat movement used in Petit Allegro work

C. Demonstrate Grand Allegro work

Competence will be demonstrated:

- C.1. by class demonstration
- C.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- C.1. you demonstrate the arabesque temps leve' movement used in Grand Allegro work
- C.2. you demonstrate the balance' movement used in Grand Allegro work
- C.3. you demonstrate the chasse' movement used in Grand Allegro work
- C.4. you demonstrate the grand jete' movement used in Grand Allegro work

D. Develop and practice Adagio work

Competence will be demonstrated:

- D.1. by class demonstration
- D.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- D.1. you demonstrate the port de bras movement used in Adagio work
- D.2. you demonstrate the releve' movement used in Adagio work
- D.3. you demonstrate the sous-sus movement used in Adagio work
- D.4. you demonstrate the retire' movement used in Adagio work
- D.5. you demonstrate the fondu movement used in Adagio work
- D.6. you demonstrate the developpe' movement used in Adagio work
- D.7. you demonstrate the attitude movement used in Adagio work

Unit 3. Technique Practice and Mastery

A. Demonstrate set Petit Allegro combination

Competence will be demonstrated:

- A.1. by class demonstration
- A.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- A.1. you demonstrate the individual steps used in the set Petit Allegro combination
- A.2. you link the individual steps into phrases in the Petit Allegro combination
- A.3. you memorize the Petit Allegro combination

B. Demonstrate set Adagio combination

Competence will be demonstrated:

- B.1. by class demonstration
- B.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- B.1. you demonstrate the individual steps in the set Adagio combination
- B.2. you link the individual steps into phrases in the set Adagio combination
- B.3. you memorize the set Adagio combination

C. Demonstrate a set Grand Allegro combination

Competence will be demonstrated:

- C.1. by class demonstration
- C.2. through successful completion of skills checklist as prescribed by the instructor

Criteria - Performance will be satisfactory when:

- C.1. you demonstrate the individual steps in the set Grand Allegro combination
- C.2. you link the individual steps into phrases in the set Grand Allegro combination
- C.3. you memorize the set Grand Allegro combination