

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Humanities  
Department: Dance  
Course ID: DANCE 103x2  
Course Title: Ballet  
Units: 2  
Lecture: None  
Laboratory: 6 Hours  
Prerequisite: None

- B. Catalog Description:  
A progressive study of ballet including vocabulary, placement and alignment, strength and flexibility exercises, work on balance and control, and combinations of increasing speed, length, and complexity. This course may be taken twice.

- C. Schedule Description:  
A progressive study of ballet including vocabulary, placement and alignment, strength and flexibility exercises, work on balance and control, and combinations of increasing speed, length, and complexity. This course may be taken twice.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Two**

**III. EXPECTED OUTCOMES FOR STUDENTS**

Upon completion of the course for the first time, the student will be able to:

- A. Recognize and use proper ballet terminology
- B. Comprehend and demonstrate proper positioning of the feet
- C. Demonstrate ability to perform basic barre work (e.g., pli , elev /relev , and battement tendu)
- D. Demonstrate ability to perform basic jumps (e.g., battement degage, grand battement, battement frappe, petit battement sur le Cou-de-Pied).
- E. Demonstrate ability to perform turns on two feet, one-to-two feet, two-to-one foot
- F. Identify common injuries to ballet performers
- G. Evaluate a live ballet performance

Upon completion of the course for the second time, the student will be able to:

- A. Demonstrate ability to use connecting movements and combinations
- B. Demonstrate ability to perform complex jumps (e.g., petit allegro steps, grand allegro steps, and allegro combinations)
- C. Demonstrate ability to perform turns on one foot
- D. Explain common injuries and illustrate conditioning and/or stretching movements which can prevent injuries
- E. Evaluate a videotaped ballet performance, paying specific attention to the historical period represented.

**IV. COURSE CONTENT:**

- A. The basics
  1. Clothing
  2. Case and use of equipment
  3. The music
  4. The vocabulary
  5. Style

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6. The fundamental principles
    - a) alignment
    - b) turnout
  7. Positions of the feet
  8. Positions of the arms
  9. Positions of the head
  10. Anatomy terms related to ballet
  11. Physiology terms related to ballet
- B. Barre work
1. Use of the barre
    - a) pli 
    - b)  lev /relev 
    - c) battement tendu
  2. Other basic battements
    - a) battement degage
    - b) grand battement
    - c) battement frappe
    - d) petit battement sur le Cou-de-Pied
  3. Circular movements (rond de jambe   terre)
  4. Stretches
- C. Center Work
1. Directions of the studio/stage
  2. Port de bras
  3.  pandement
  4. Positions of the body
    - a) facing front
    - b) on the diagonal
  5. Other poses of the body
    - a) attitude
    - b) arabesque
  6. Connecting movements
    - a) gliss 
    - b) tomb 
    - c) piqu 
    - d) pas de bourr e
    - e) pas march 
  7. Turns
    - a) turns on two feet
    - b) turns on one foot
  8. Spotting
- D. Allegro
1. Fundamental movements of elevation
  2. Basic jumps
    - a) temps lev  saut 
    - b) soubresant
    - c) changement de pieds
    - d) echapp  saut 
  3. More complex jumps
    - a) sissonn 
    - b) assembl 
    - c) temps lev 
    - d) jet 
    - e) pas de chat
  4. Additional allegro steps
    - a) balanc 
    - b) pas de basqu 

5. Connecting steps
    - a) glissadé
    - b) coupe
    - c) chasse en l'air
    - d) pas de bourrée couru or pas courú
  6. Grand allegro steps
    - a) grand jeté en avant
    - b) temps levé en arabesque
    - c) temps levé en retiré
  7. Beats
  8. Combinations
- E. The ballet body
1. Fitness
  2. Body therapies
    - a) Alexander techniques
    - b) Feldenkrais awareness
    - c) Ideokinesis
    - d) Massage
  3. Conditioning methods
    - a) aerobics
    - b) flexibility exercises
    - c) pilates technique
    - d) floor-barre technique
    - e) across floor technique
    - f) adage on floor
  4. Preventing injury
  5. Injuries and alignments
    - a) cramp
    - b) muscle soreness or stiffness
    - c) muscle strain
    - d) ligament sprain
    - e) bone dislocation and fracture
    - f) bruises
    - g) shinsplints
    - h) tendonitis
    - i) knee injuries
    - j) back ailments
    - k) clicks, snaps, and pops
  6. Care of the feet
    - a) daily care of the feet
    - b) foot disorders
    - c) minor foot ailments
    - d) care of ailments
  7. Eating habits
    - a) diet
    - b) eating disorders
    - c) proper nutrition
    - d) hydration
- F. The ballet profession
1. Professional preparation
  2. Joining a company
  3. Ballet rehearsal
  4. Ballet performance
  5. Looking at the ballet
  6. Resumes, photos, and videotapes
  7. Audition techniques

G. Ballet history

1. Background to the tradition
2. Dance in the middle ages
3. Social and theatrical dances of the Renaissance
4. Birth of the classical ballet
5. 18<sup>th</sup> century professionalism and innovation
6. The golden age of romantic ballet
7. Emergence of ballet in Russia
8. The Diaghilev Ballets Russes
9. Ballet after Diaghilev
10. British ballet
11. American ballet
12. New York City Ballet
13. San Francisco Ballet
14. Avin Ailey Ballet

**V. METHODS OF INSTRUCTION:**

- A. Lecture and demonstration on techniques by instructor
- B. Practice drills, and performances by students
- C. Feedback on student performance by instructor
- D. Discussion and analysis of style and techniques by class instructor
- E. Videotape analysis of performance
- F. Group and class discussion

**VI. TYPICAL ASSIGNMENTS:**

- A. Writing Assignments
  1. Prepare a written analysis of a ballet performance viewed in class. Be sure to identify the positions and combinations observed and place the ballet in the proper historical context.
  2. Prepare a brief written analysis in which you match the types of injuries with the movements during which they are most likely to occur.
- B. Example:
  1. Demonstrate the five positions of the feet.
  2. Demonstrate the allegro connecting steps of glissade, coupe, chasse en l'air, and pas de bourrée.

**VII. EVALUATION(S):**

During the first time the course is taken, students will be evaluated on their ability to learn basic terminology, demonstrate elementary movement, and understand basic components of ballet.

During the second time the course is taken, students will be evaluated on their ability to demonstrate increasingly more difficult movements, analyzed structure, and mood.

A. Methods of evaluation:

1. Ongoing evaluation of student's expressive and technical growth assessed by instructor and the student
2. Final performance of ballet moves choreographed by instructor.

B. Frequency of evaluation:

1. At least two examinations on fundamentals and combinations covered in class
2. At least two examinations on ballet vocabulary

C. Typical exam questions

1. List and explain the four basic jumps.
2. Compare and contrast ballet movements in two different historical periods.

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**VIII. TYPICAL TEXT(S):**

Hammond, Sandra Noll. Ballet Basics, 4<sup>th</sup> edition. McGraw-Hill, 1999.

Warren, Gretchen Ward. Classical Ballet Technique. University of Southern Florida Publishers, 1990.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**