

## COURSE OUTLINE

### **Dance 114 Ballet Technique III**

#### **I. Catalog Statement**

Dance 114 provides the students with practical experience in the contemporary ballet techniques and styles on an advanced level. Through exercise and discussion the course emphasizes further development of the technical skills, performance skills, and audition techniques.

Total Lecture Units: 1.0

Total Laboratory Units: 1.0

**Total Course Units: 2.0**

Total Lecture Hours: 16.0

Total Laboratory Hours: 48.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 64.0**

Prerequisite: DANCE 111 or equivalent

Note: This course may be taken twice (2 times); a maximum of four (4) units may be earned.

#### **II. Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- apply intermediate ballet terminology in an allegro, adagio, and pirouette combinations;
- review and distinguish the use of correct ballet turnout and dynamic alignment when demonstrating grand pirouette and allegro sequences;
- develop, practice, and explain intermediate ballet barre, center, and diagonal progressions;
- investigate the use of focus, dynamics, rhythm, and style development in live, video, and in class performances;
- discuss the development of ballet technique from the romantic to the classical era.

#### **III. Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- create a sequence utilizing advanced ballet terminology;
- assess the use of turnout, dynamic alignment, and muscle coordination while teaching a ballet class;
- compose a ballet variation integrating technical and style elements from the medieval, romantic, and classical eras;
- critique and evaluate advanced barre and center work as applied to rehearsal and audition processes;
- analyze the development of ballet technique from classical, to the contemporary era.

**IV. Course Content**

**Total Faculty Contact Hours = 64.0**

- A. Introduction (**Lecture 4 hours**)
1. Overview of course content
  2. Development of ballet technique
- B. Injury Prevention – Safety (**Lecture 6 hours, Lab 12 hours**)
1. Review of body alignment (advanced technique)
  2. Review of turn-out (advanced technique)
  3. Use of breath for grand pirouettes
  4. Use of breath for grand allegro
- C. Advanced Barre Work (**Lecture 2 hours, Lab 12 hours**)
1. Plié
  2. Battement tendu combination
  3. Battement dégagé combination
  4. Rond-de-jambe á terre combination
  5. Battement fondu combination
  6. Battement frappé combination
  7. Rond-de-jambe en l’air combination
  8. Adage
  9. Battement combination
  10. Stretching
- D. Advanced Center Work (**Lecture 2 hours, Lab 12 hours**)
1. Port-de-bras combination
  2. Battement tendu combination
  3. Pirouette combination/grand pirouettes
  4. Adage
  5. Allegro
  6. Grand allegro
  7. Combination through the diagonal
- E. Advanced Performance Skills (**Lecture 2 hours, Lab 12 hours**)
1. Ballet variation
  2. Rehearsal practice
  3. Audition skills

**V. Methods of Instruction**

The following methods of instruction may be used in the course:

- classroom and lecture and demonstration;
- guest instructor from a private studio;
- dance step, combination, and variation practice;
- interpretation and practical application of intermediate French ballet vocabulary;
- bone structure alignment, and muscle coordination;
- video and multimedia presentations;
- in-class critiques, done individually and in groups.

#### **VI. Out of Class Assignments**

The following out of class assignments may be used in the course:

- attendance at Glendale Community College Dance Department performances;
- on-line research from the classical to the contemporary era;
- written evaluation of the performance attendance.

#### **VII. Methods of Evaluation**

The following methods of evaluation may be used in the course:

- movement exams (presentations of intermediate ballet combinations);
- quizzes (advanced ballet terminology, interpretation of correct body alignment, and muscle coordination);
- class participation in critiques, analysis, and evaluation of dance performance;
- analytical essays (analyzes of ballet performance as an art form);
- midterm examination;
- final examination.

#### **VIII. Textbook(s)**

Craine, D. and Mackrell, J. *The Oxford Dictionary of Dance*. 2<sup>nd</sup> ed. New York: Oxford University, 2015. Web  
12<sup>th</sup> Grade Textbook Reading Level. ISBN: 9780191727658

Clippinger, Karen. *Dance Anatomy and Kinesiology*. 2nd ed. Champaign: Human Kinetics, 2015. Print.  
12<sup>th</sup> Grade Textbook Reading Level. ISBN-13: 9781450469289

#### **IX. Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- utilize advanced ballet terminology;
- integrate and analyze correct body alignment and muscle coordination in advanced ballet combinations;
- interpret a classical ballet variation;
- analyze a ballet performance in terms of ballet as an art form.