

# DANC 162: BEGINNING BALLET

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Designed to instruct students in the beginning level dance technique of classical ballet. Ballet barre, center floor and historical context of classical ballet are covered. 18 lecture hours, 18 lab hours.

## Course Objectives

- demonstrate beginning level techniques in classical ballet
- demonstrate a knowledge of correct vocabulary in relationship to movement
- demonstrate a beginning level knowledge of kinesthesia as it applies to classical ballet
- analyze movement when viewing performances
- execute beginning level barre techniques
- execute beginning level center techniques
- perform beginning level allegros
- maintain awareness of the body as it pertains to classical movement
- demonstrate a basic knowledge of classical ballet history and origins of ballet

## Major Course Content

1. Barre
  - a. Plie'
  - b. Battement Tendu
  - c. Battement Degage
  - d. Battement Frappe
  - e. Rond de jambe A terre
  - f. Grand Battement
2. Center Floor
  - a. Adagio
  - b. Epaulement
  - c. Releve
  - d. Pirouette
  - e. Petit Allegro
3. Grand Allegro and Tours

- a. Balance
- b. Saute
- c. Chasse Saute
- d. Chainé Pique
- e. Grand Jete

## Lab Content

1. Practice Progressive Exercises
  - a. Warm-up technique in practicum
  - b. Stretching in practicum
  - c. Floor Rehearsal of beginning level ballet positions for balance, coordination
  - d. Low-impact aerobic exercises for toning, building stamina
2. Execution of Dance Forms
  - a. Dance combinations in practicum
  - b. Sustained movements in practicum
  - c. Jumps and turns in practicum

## Suggested Reading Other Than Required Textbook

Dance Magazine Histories of ballet as an art form, Biographies of famous ballet dancers or choreographers

## Examples of Required Writing Assignments

Four page paper about ballet history, evolution of ballet, biographies of famous ballet dancers or choreographers

## Examples of Outside Assignments

Practice in class Lab exercises

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab