

DANC 262: INTERMEDIATE BALLET I

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Prerequisite:	DANC 162 or Audition.
District General Education:	D1. History and Political Science, 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 intermediate dance technique of classical ballet. A more in-depth study of the positions and combinations of ballet. 18 lecture hours, 18 lab hours.

Course Objectives

- demonstrate various intermediate techniques in classical ballet
- demonstrate a knowledge of correct vocabulary in relationship to movement
- demonstrate an intermediate knowledge of kinesthesia as it applies to classical ballet
- perform all front epaulement positions
- execute intermediate level barre techniques and combinations
- execute intermediate level center techniques and combinations
- perform basic Petit and Grande allegros
- maintain awareness of the body as it pertains to classical movement

Major Course Content

1. Barre
 - a. Plie
 - b. Battement tendu
 - c. Battement Degage
 - d. Battement Frappe
 - e. Port de bras
 - f. Ronde de jambe; ronde de jambe en l'air
 - g. Developpe and Fondu
 - h. Battement cloche
 - i. Stretches of barre
 - j. Grand Battement
2. Center Floor
 - a. Epaulement: AU front positions
 - b. Adagio and Promenade

- c. Pirouettes
 - d. Petit Allegro
 - e. Balance
 - f. Fouette turns
 - g. Allegro
3. Ballet Combinations and Across the Floor
 - a. Chaine, Piques, Emboite, and Pirouette turns
 - b. Jete, Assemble, Cabriole, pas de chat
 - c. Balance combinations
 - d. Jumps and leaps in combination
 - e. Grand allegro

Lab Content

1. Practice Progressive Exercises
 - a. Warm-up technique in practicum
 - b. Stretching in practicum
 - c. Floor Rehearsal of Basic 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