

Montgomery County Community College  
 DAN 121  
 Fundamentals of Ballet I  
 3-3-0

**COURSE DESCRIPTION:**

This course provides an introduction to the theory, practice, and aesthetic foundations of classical ballet. Students will learn the foundations of classical ballet technique emphasizing correct body placement. The class will include exercises at the barre, center work, simple turns, jumps, and traveling movements. The course will include an overview of ballet history.

**REQUISITES:***Previous Course Requirements*

- ENG 010 Basic Writing I or ESL 010 Basic Writing I
- REA 011 Fundamentals of College Reading or REA 017 Vocabulary and Reading Comprehension Development II

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Demonstrate correct body placement and correct use of turnout for classical ballet at the barre.	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials	Movement Activities Written Examinations Presentations of Student Performance and Choreography Reflection Paper
2. Demonstrate the basic positions of the feet and arms used in classical ballet.	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials	Movement Activities Written Examinations Presentations of Student Performance and Choreography
3. Execute basic exercises at the barre, in the center of the room, and traveling.	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials	Movement Activities Presentations of Student Performance and Choreography
4. Execute ballet exercises with correct rhythm.	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials	Movement Activities Presentations of Student Performance and Choreography

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
5. State the aesthetic principles of classical ballet.	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials Reflection Paper ABA Study	Written Assignments Written Examinations Presentations of Student Performance and Choreography Reflection Paper
6. Identify ballet terms.	Movement Activities Lecture/Discussion Assigned Readings	Written Assignments Movement Activities Written Examinations
7. Create and perform short ballet studies as part of a small group.	Movement Activities Lecture/Discussion AV/Multimedia Materials	Movement Activities Presentations of Student Performance and Choreography Reflection Paper

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

All movement classes will include basic exercises at the barre, in the center, and traveling across the floor. Each class will emphasize a particular concept or skill.

1. Introduction to basic positions and basic exercises at the barre
2. Correct use of turnout
3. Proper alignment
4. Cambrés and port de bras
5. Directions of the body
6. Adagio (First Movement Demonstration)
7. Turns
  - a. spotting
  - b. soutenu turns
  - c. chaîné turns
  - d. piqué turns
  - e. preparatory exercises for pirouettes
8. Jumps
  - a. correct jumping technique
  - b. jumps in 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> positions
  - c. changements and échappés
  - d. glissade, assemblé, petit jeté, temps levé, simple sissonne, pas de chat

9. Overview of Ballet History
  - a. origins of ballet in the French court
  - b. Romantic and Classical ballet in the 19<sup>th</sup> c.
  - c. changes in the ballet aesthetic in the early 20<sup>th</sup> c.
  - d. neo-classicism and 20<sup>th</sup> c. American ballet
10. Petit Allegro (Second Movement Demonstration)
11. Pirouettes
12. Grand Allegro
  - a. chassé pas de bourrée
  - b. temps levé
  - c. grands jeté
13. Waltz steps: balancé and waltz turns
14. Composition/ABA Form (Final Dance Study)

#### LEARNING MATERIALS:

Required text:

Hammond, Sandra Noll. (2003). *Ballet Basics* (5<sup>th</sup> ed.). Mountain View, CA: Mayfield Publishing Co.

Additional readings may be assigned.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

#### COURSE APPROVAL:

Prepared by: Dr. Melinda Copel	Date: 2/4/2008
Revised by: Dr. Melinda Copel	Date: 11/5/2010
Interim VPAA/Provost Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 1/19/2011
Revised by: Dr. Melinda Copel	Date: 6/21/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 8/27/2012
Revised by: Dr. Melinda Copel	Date: 7/11/2013
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 7/18/2013
Revised by: Dr. Melinda Copel/Debbie Dalrymple	Date: 02/01/2017
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 02/02/2017
Revised by: Debbie Dalrymple	Date: 01/11/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/30/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*