

Montgomery County Community College  
 DAN 123  
 Ballet I  
 3-1-4

**COURSE DESCRIPTION:**

This course is a continuation of DAN 122 and is designed to advance the student to the intermediate level of classical ballet technique. Students will continue to refine their skills as they increase their vocabulary of classical ballet steps. Exercises at the barre, center work, and traveling combinations will increase in complexity. The course includes basic anatomical information of particular importance to sound ballet technique. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

**REQUISITES:**

*Previous Course Requirements*  
 None

*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, in the center, and traveling.	Movement Activities Lecture/Discussion Assigned Readings Written Assignments Presentations of Student Performance and Choreography	Movement Activities Written Assignments Written Examinations Presentations of Student Performance and Choreography
2. Demonstrate standard port de bras used in classical ballet.	Movement Activities Lecture/Discussion Assigned Readings Written Assignments	Movement Activities Written Assignments Written Examinations Presentations of Student Performance and Choreography
3. Demonstrate correct use of the arms and feet in classical ballet.	Movement Activities Lecture/Discussion Assigned Readings Written Assignments	Movement Activities Written Assignments Written Examinations Presentations of Student Performance and Choreography

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Demonstrate correct execution of intermediate level exercises at the barre, in the center of the room, and traveling.	Movement Activities Lecture/Discussion Assigned Readings Written Assignments	Movement Activities Written Assignments Written Examinations Presentations of Student Performance and Choreography
5. Execute ballet exercises using energy qualities appropriate to the movement.	Movement Activities Lecture/Discussion	Movement Activities Presentations of Student Performance and Choreography
6. Identify bones and muscles of particular importance to ballet technique.	Movement Activities Lecture/Discussion Assigned Readings Written Assignments	Movement Activities Written Assignments Written Examinations Presentations of Student Performance and Choreography
7. Identify ballet terms and use them correctly in a written and spoken context.	Movement Activities Lecture/Discussion Assigned Readings	Movement Activities Written Examinations
8. Perform short movement studies accurately and with poise and concentration while also demonstrating correct use of ballet technique	Movement Activities Lecture/Discussion Assigned Readings AV/Multimedia Materials	Movement Activities Presentations of Student Performance and Choreography
9. Make informed aesthetic judgments through the creation and performance of an original dance work through group process.	Movement Activities Lecture/Discussion AV/Multimedia Materials Journaling Attending Live Dance Performance(s)	Movement Activities Written Assignment Presentations of Student Performance and Choreography

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

1. Introduction
2. Anatomy for Ballet Technique (This topic will extend through the semester.)

- a. terminology & how muscles work
- b. spinal column
- c. pelvis
- d. turnout
- e. upper body
- f. knee
- g. feet
3. Directions of the body
4. Temps liés and pas de basque
5. Cambrés and port de bras
6. Turns
  - a. review turns, piqué turns, & chaîné turns
  - b. plié-piqué turns
  - c. balancé turns
  - d. review & refine pirouettes en dehors (outside)
  - e. pirouettes en dedans (inside)
  - f. double pirouettes
7. Petit allegro
  - a. review jumps in 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> positions
  - b. review changements and échappés
  - c. review glissade, assemblé, petit jeté, temps levé, simple sissonne, pas de chat
  - d. emboîté, sissonne fermé, sissonne ouverte, ballonné, tours en l'air (1/4, 1/2, full), brisé, ballotté
  - e. batterie – échappé battu, royale, entrechat quatre
8. Petit Allegro (Second Movement Demonstration)
9. Grand Allegro
  - a. connecting steps
  - b. review temps levé & grands jeté
  - c. mazurka, pas de chat, assemblé, saut de chat, fouetté, tourjeté, jeté en tournant, emboîté turns, saut de basque
10. Composition/solo (Final Dance Study)

#### LEARNING MATERIALS:

Required text:

Grieg, Valerie. (1994). *Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class*. Hightstown, NJ: Princeton Book 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  
 VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 5/18/2010

Revised by: Dr. Melinda Copel Date: 6/30/2012  
 VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. Date: 8/27/2012

Revised by: Dr. Melinda Copel Date: 7/18/2013  
 VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. Date: 7/18/2013

Revised by: Dr. Melinda Copel Date: 12/13/2017  
 VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. Date: 12/13/2017

Revised by: Dr. Melinda Copel Date: 1/9/2020  
 Provost or designee Compliance Verification: Date: 1/9/2020



*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.*