

Montgomery County Community College  
 DAN 225  
 Ballet IV  
 3-1-4

**COURSE DESCRIPTION:**

This course is a continuation of DAN 224. Students continue to increase their proficiency in classical ballet technique as they hone their movement skills, increase their physical capacity, and refine their skills of artistic expression through the continued study and practice of classical ballet at the intermediate level. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

**REQUISITE(S):**

*Previous Course Requirements*

- \* DAN 224 Ballet III with a minimum grade of "C"

*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 with increasing proficiency, clarity, and consistency in the center, turning, jumping, and traveling.	Movement Activities Journaling Presentations of Student Performance and Choreography	Presentations of Student Performance Journal/Written Assignment
2. Demonstrate correct body placement and correct use of turnout for classical ballet.	Movement Activities	Presentations of Student Performance
3. Demonstrate standard arm positions and transitions between arm positions for standard intermediate-level ballet steps.	Movement Activities	Presentations of Student Performance

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Demonstrate correct timing and increasing sensitivity to musical phrasing and appropriate use of energy qualities while performing standard port de bras [arm movements].	Movement Activities	Presentations of Student Performance
5. Demonstrate consistent correct use of the arms and feet in classical ballet with increasing articulation of the feet and hands.	Movement Activities	Presentations of Student Performance
6. Demonstrate progress in executing intermediate-level exercises with increasing proficiency including body positions more closely approaching the ideal, higher extensions, higher jumps, more consistent and longer balances, increasing centeredness in turns, and multiple turns.	Movement Activities Journaling	Presentations of Student Performance Journal/Written Assignment
7. Execute intermediate-level exercises with increasing proficiency regarding rhythm and timing, musical sensitivity, appropriate use of energy qualities, and increasing attentiveness to the expressive qualities of the movement.	Movement Activities	Presentations of Student Performance

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
8. Demonstrate increasing proficiency in the correct use of ballet technique, accurate rhythm and timing, sensitivity to musical phrasing, appropriate use of energy qualities, and increasing attentiveness to the expressive qualities of the movement while performing short ballet studies.	Movement Activities Presentations of Student Performance	Presentations of Student Performance

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 lié and pas de basque
5. Cambrés, port de bras & adagio
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. 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
9. 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.

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: 2/24/2010

Revised by: Dr. Melinda Copel

Date: 4/18/2010

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.

Date: 6/21/2010

Revised by: Dr. Melinda Copel

Date: 2/2013

VPAA/Provost or designee Compliance Verification:

Victoria L. Bastecki-Perez, Ed.D.

Date: 5/28/2013

Reviewed by: Dr. Melinda Copel

Date: 8/12/2017

VPAA/Provost or designee Compliance Verification:

Date: 8/28/2017



*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.*