

College of San Mateo
Official Course Outline

1. **COURSE ID:** DANC 140.1 **TITLE:** Ballet I

Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Beginning barre, floor technique and movement fundamentals with emphasis on body control, form and special patterns. Students will learn a variety of dance phrases and will be expected to perform a ballet dance at the end of the semester.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate the movement skills necessary to execute beginning level ballet footwork, gestures and movement sequences with accuracy.
2. At the beginning level, critically evaluate and objectively discuss ballet as an art form
3. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at the beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

Students will be expected to execute the following at the beginning level:

1. Demonstrate individual and group ballet steps and movement patterns
2. Identify and execute technique, exercises and vocabulary that lead to the mastery of steps and movement particular to ballet
3. Develop the necessary coordination, balance, strength, flexibility, endurance and muscular control to perform ballet
4. Develop creative expression through ballet
5. Develop an awareness and appreciation of the cultural forces and individuals that contributed to the origins of ballet
6. Critically appreciate and evaluate concert ballet dance

6. **COURSE CONTENT:**

Lecture Content:

N/A

Lab Content:

At the beginning level:

1. Preparation for dancing
 - A. Warm-up
 - B. Introduction to technique
2. Exploration of rhythmic structures as they relate to dance
3. Dance technique
 - A. Floor work
 - B. Barre work
 - C. Standing center floor
 - D. Across floor
4. Evaluation and criticism of individual dancer's class technical progression
5. Improvisation
6. Introduction to famous dancers/choreographers

- A. Dance videos and/or attendance at live concerts
- B. Analysis and discussion of anatomical ballet technique and alignment

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): Suggested representative methods of instruction may include the following: lectures and practical demonstration on ballet technique; presentations on types of music, sound, rhythm, and terminology used with classical ballet; audio, video, and live performances of famous dancers and choreographers followed by instructor-guided interpretation and analysis and in-class discussion; in-class lectures comparing, contrasting and analyzing the cultural, social and individual forces that contributed to the origins of ballet; in-class student presentations including discussions reviewing and analyzing this cultural dance form; in-class discussion and critique of ballet dancers.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Research paper or presentation on renowned ballet dancer/choreographer or historical cultural aspect of this dance form

Reading Assignments:

- Reading assignments of 5-10 pages
 - Critical analysis of dance

Other Outside Assignments:

Possible assignments may include:

- Participation in in-class structured choreographed exercises
- Live performance and/or video concert
 - In-class discussions analyzing and contrasting choreographers
 - Attendance at live performances and/or out of class video assignments
- Utilize and apply classical ballet vocabulary
- Execution of ballet steps and patterns introduced in class.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Final Performance
- G. Final Public Performance
- H. Group Projects
- I. Lab Activities
- J. Papers
- K. Research Projects
- L. Written examination
- M. Typical evaluation methods may include: practical skills testing (each student will demonstrate the physical techniques developed in the class); evaluation of research paper or in-class presentation for content and knowledge of subject matter; evaluation of 2-3 page concert review analyzing, critiquing a professional ballet performance or video from personal perspective and application of performance review styles; evaluation of objective tests and final examination on aspects of history, music, terminology and/or cultural aspects of ballet; evaluation of student's final performance in choreographed dance at end of semester for application of technical skills, style and creative expression; and assessment of student's semester length contributions and progression during course.

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Robinson, Garrett Buhl. *Ballet Lessons*, ed. Poet in the Park, 2023

Other:

- A. Possible selections may be instructor-generated handouts on ballet vocabulary, technique, theory and history. Handouts may also include material about musical interpretation, choreography and dance as artistic/cultural expression.

Origination Date: October 2023

Curriculum Committee Approval Date: November 2023

Effective Term: Fall 2024

Course Originator: Denaya Dailey