



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Dance 120A  
**Descriptive Title:** Beginning Ballet A

**Course Disciplines:** Dance

**Division:** Fine Arts

**Catalog Description:** This course is the first in a sequence of two levels of ballet. This course will reinforce basic barre and centerwork ballet skills and is required of all dance majors. Attendance is required at selected dance events.

**Conditions of Enrollment:** Recommended Preparation

Dance 110

**Course Length:** ☒ Full Term ☐ Other (Specify number of weeks):

**Hours Lecture:** 1.00 hours per week ☐ TBA

**Hours Laboratory:** 3.00 hours per week ☐ TBA

**Course Units:** 2.00

**Grading Method:** Both  
**Credit Status:** Associate Degree Credit

**Transfer CSU:** ☒ Effective Date: Prior to July 1992

**Transfer UC:** ☒ Effective Date: Prior to July 1992

**General Education:**

**El Camino College:** 5 – Health and Physical Education

Term:

Other: Approved

**CSU GE:**

**IGETC:**

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES** (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. SLO #1 Demonstrate Steps/Positions of Basic Ballet Vocabulary

Upon successful completion of this course the student will be able to demonstrate the steps and positions of basic ballet vocabulary.

SLO #2 Ballet Exercises at a Basic Level

- Upon successful completion of this course the student will be able to differentiate between and exhibit the various barre work and center work ballet exercises at a basic level.
- 2.

SLO #3 Basic Ballet Terminology

3. Upon successful completion of this course the student will be able to translate the codification of the basic ballet terminology.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Identify and define additional ballet terms for barre and centre floor work; such as battements glisses, battements frappes, ronds de jambes en l'air, petits battements.

Quizzes

2. Demonstrate clean foot articulation for batterie and allegro combinations.

Performance exams

3. Demonstrate strength through hip, knee and ankle placement for appropriate maintenance of turn-out and injury prevention.

Performance exams

4. Identify, define and demonstrate the following movement requiring balance, placement and strength at the barre and center floor including developpes, all directions; arabesques and attitudes; demi- and grand ronds de jambes en l'air, en dehors and en dedans; single and multiple pirouettes, en dehors and en dedans, from all positions.

Performance exams

5. Identify and demonstrate correct body line in croise, ecarte and efface positions.

Performance exams

6. Demonstrate musical phrasing and flow of movement in center for body facings, practice for ports de bras (positions of the arms), arabesques, attitudes, and epaulement.

Performance exams

7. Evaluate and analyze dance activities, video observations and live performances in terms of technical and performance skills.

Essay exams

8. Execute, reconstruct and/or perform choreography demonstrating flow, musicality, and a working knowledge of step combinations.

Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

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Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	4	I	Class orientation A. Writing assignments B. Review of placement theory, music theory, and ballet vocabulary
Lecture	2	II	Review A. Variations on barre exercises from Dance 19ab, with emphasis on upper back and shoulder placement, lyrical porte de bras, attack of leg and foot, lift of weight off the standing leg and balances B. Locomotor movements with emphasis on chasse, glissade and various turns
Lab	14	III	Barre exercises A. Upper back and should placement B. Lyrical porte de bras C. Staccato use of leg and foot D. Weight shifts from standing leg to working leg E. Frappe and petit battement F. Turn out from hip with emphasis on relaxed knee
Lecture	2	IV	Additional ballet movements A. Expanded adagio combinations. B. Developes in all directions C. Ronde de jambes en l'air D. Arms, head, and shoulder placement (epaulement)
Lab	10	V	Additional ballet movements A. Expanded adagio combinations. B. Developes in all directions C. Ronde de jambes en l'air D. Arms, head, and shoulder placement (epaulement)
Lab	8	VI	Self-Evaluation A. From video observation B. Terminology and placement corrections C. Barre and centre work
Lecture	2	VII	Introduction to expanded allegro combinations A. Jumps from one foot to the same foot B. Temps leves - sur le cou-de-pied C. Low arabesque D. In low altitude devant and derriere E. Jumps from one foot to the other foot F. Petits jetes - devant and derriere G. Jetes ordinaire - devant, derriere, en avant, en arriere, and de cote H. Coupes - over and under

			I. Grands jetes
Lab	10	VIII	<p>Introduction to expanded allegro combinations</p> <p>A. Jumps from one foot to the same foot</p> <ol style="list-style-type: none"> <li>1. temps leves - sur le cou-de-pied</li> <li>2. low arabesque</li> <li>3. in low altitude devant and derriere</li> </ol> <p>B. Jumps from one foot to the other foot</p> <ol style="list-style-type: none"> <li>1. petits jetes - devant and derriere</li> <li>2. jetes ordinaire - devant, derriere, en avant, en arriere, and de cote</li> <li>3. coupes - over and under</li> <li>4. grands jetes</li> </ol>
Lecture	2	IX	<p>Continuation of allegro steps</p> <p>A. Jumps from one foot to two feet:</p> <ol style="list-style-type: none"> <li>1. petites assemblees - devant and derriere</li> <li>2. assemblees - devant, derriere, over, under, en avant, en arriere and de cote</li> </ol> <p>B. Pas de chat</p>
Lab	6	X	<p>Continuation of allegro steps</p> <p>A. jumps from one foot to two feet:</p> <ol style="list-style-type: none"> <li>1. petites assemblees - devant and derriere</li> <li>2. assemblees - devant, derriere, over, under, en avant, en arriere and de cote</li> </ol> <p>B. pas de chat</p> <p>Continuation of allegro steps</p> <p>A. jumps from one foot to two feet:</p> <ol style="list-style-type: none"> <li>1. petites assemblees - devant and derriere</li> <li>2. assemblees - devant, derriere, over, under, en avant, en arriere and de cote</li> </ol> <p>B. pas de chat</p>
Lecture	6	XI	Review of all steps and preparation for final project
Lab	2	XII	Review of all steps and preparation for final project
Lab	4	XIII	Final presentation techniques
<b>Total Lecture Hours</b>		18	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		72	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

**B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Demonstrate coordination of arms (porte de bras) and head/shoulders (epaulement) in a center adagio incorporating croise, ecarte, and efface facings.

**C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. In a written report, compare and contrast the artistic styles of well known ballet performers such as Marakova and Fonteyn, or Baryshnikov and Nureyev in terms of fluidity, strength, lyricism, character and interpretation of classical ballet roles from video observation.
2. After critiquing a video of their own performance, the student will present an oral report on how to improve their own balance in pirouette turns.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams  
Quizzes  
Class Performance  
Other (specify):  
Skill demonstration

**V. INSTRUCTIONAL METHODS**

Demonstration  
Group Activities  
Laboratory  
Lecture  
Multimedia presentations  
Other (please specify)  
Student self-evaluation from video observation

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Skill practice  
Required reading  
Written work  
Journal  
Observation of or participation in an activity related to course content

**Estimated Independent Study Hours per Week: 2**

## **VII. TEXTS AND MATERIALS**

### **A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

Sandra Noll Hammond. Ballet Basics. 5th ed. Mayfield Publishing Co., 2010.

### **B. ALTERNATIVE TEXTBOOKS**

### **C. REQUIRED SUPPLEMENTARY READINGS**

### **D. OTHER REQUIRED MATERIALS**

leotards, tights, ballet shoes, dance belt for men

## **VIII. CONDITIONS OF ENROLLMENT**

### **A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

<b>Requisites</b>	<b>Category and Justification</b>
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### **B. Requisite Skills**

<b>Requisite Skills</b>
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### **C. Recommended Preparations (Course and Non-Course)**

<b>Recommended Preparation</b>	<b>Category and Justification</b>
Course Recommended Preparation Dance-110	

### **D. Recommended Skills**

<b>Recommended Skills</b>
Basic knowledge of dance terminology and techniques. DANC 110 - Identify and demonstrate appropriate standards of attire, language, and discipline for a beginning dance class.DANC 110 - Identify and demonstrate appropriate standards of attire, language, and discipline for a beginning dance class. DANC 110 - Identify and define basic dance vocabulary and technique skills that are germane to ballet, jazz and modern dance.DANC 110 - Identify and define basic dance vocabulary and technique skills that are germane to ballet, jazz and modern dance. DANC 110 - Identify and execute dance terms such as plies, degages, turns, triplets, and jumps. DANC 110 - Identify and execute dance terms such as plies, degages, turns, triplets, and jumps.DANC 110 - Demonstrate basic barre and center floor patterns that include locomotor movements, directional changes, and spacial adjustments. DANC 110 - Demonstrate basic barre and center floor patterns that include locomotor movements, directional changes, and spacial adjustments.

### **E. Enrollment Limitations**

<b>Enrollment Limitations and Category</b>	<b>Enrollment Limitations Impact</b>
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**Course created by Kimberly K. Clarkson on 01/01/1990.**

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 11/17/2014**

**Last Reviewed and/or Revised by Daniel Berney on 03/25/2014**

