COMMON COURSE OUTLINE: Course discipline/number/title: DANC 1101: Ballet I

A. CATALOG DESCRIPTION
   1. Credits: 3
   2. Hours/Week: 3
   3. Prerequisites (Course discipline/number): None
   4. Co-requisites (Course discipline/number): None

This course is an introductory ballet course designed to give the student foundational skills and vocabulary to progress further in the field. Basic ballet terminology, familiarity with the body as a tool of performance art, aspects of performance and broad outlines of ballet history will be covered. Physical flexibility, strength and stamina will be developed. For beginning dancers as well as those who have been away from dance for some time. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College level reading skills, the ability to pick up unfamiliar, foreign terminology.

B. DATE LAST REVISED (Month, year): March, 2008

C. OUTLINE OF MAJOR CONTENT AREAS:
   Material is presented by means of demonstration and discussion. Practice and repetition are the primary means of learning and are followed by correction and clarification. The content includes:
   1. Warm-up: a series of exercises designed to stretch and strengthen the body and prepare the student to dance
   2. Observation, analysis and critical response to the art of dance through written and oral means
   3. Practice proper physical movement in preparation for dance performance including: proper alignment, stamina, coordination and fluidity of movement
   4. Awareness of and use of breathing techniques for the art and health
   5. Rhythmic accuracy
   6. Mental preparation and gain focus through observation of performances
   7. Barre technique
   8. Center technique (adagio/allegro)
   9. Echaneaments (traveling sequences)
   10. Introduction to the dance vocabulary reflected in the ballet idiom
   11. Study a variety of historical and social influences on the art of dance
   12. Exploration of expressiveness
   13. Creation of a dance piece for performance

D. LEARNING OUTCOMES (GENERAL): The student will gain:
   1. The ability to learn and perform simple ballet combinations.
   2. Ease and efficiency of movement, flexibility, strength, and stamina.
   3. A basic understanding of movement qualities.
   4. Basic skills in locomotor patterns and phrases.
   5. A basic awareness of the artistic aspects of dance performance.
   6. An understanding of the broad outlines of ballet.
   7. A basic understanding of anatomy.
   8. A basic understanding of choreography.
   9. A basic understanding of dance history and social implications of dance.
   10. Ability to recognize, analyze and critique dance performance.

E. LEARNING OUTCOMES (MNTC):
   Goal 6/The Humanities: Students should be able to:
   1. Demonstrate awareness of the scope and variety of works in the arts and humanities.
   2. Understand those works as expressions of individual and human values within a historical and social context.
   3. Respond critically to works in the arts and humanities.
   4. Engage in the creative process or interpretive performance.
   5. Articulate an informed personal reaction to works in the arts and humanities.
F. METHODS FOR EVALUATION OF STUDENT LEARNING:
The course will be assessed with latitude depending on the instructor. In general, the methods of evaluation may include:

1. Attendance & demonstration of course material
2. Participation, effort, attitude & improvement
3. Examinations
4. Journals
5. Quizzes

G. SPECIAL INFORMATION (if any): None