

# COCONINO COMMUNITY COLLEGE

## COURSE OUTLINE

Prepared by: Jane E. Ward  
Status: Permanent Course

Date: 12/1/2009

A. Identification:

1. Subject Area: Dance
2. Course Number: DAN 217
3. Course Title: BALLET IV
4. Credit Hrs: 3
5. Catalog Description

Course Description:

A study of Classical Ballet incorporating techniques from the Royal Academy of Dance Advanced level. Prerequisites: \*DAN 212 or consent of instructor. Two lecture, two lab. May be taken for S/U credit with instructor approval.

B. Course Goals:

Ballet IV contributes to the training of a dancer, dance teacher, or for future employment in other areas of the profession and provides the student with a deeper understanding of the chosen dance genre and an increase in the physical demands placed upon the student. Students will demonstrate safe dance practice and an appropriate level of professionalism demanding and varied advance ballet dance challenges.

C. Course Outcomes:

Will Include:

*Technique*

1. Show technical proficiency achieved through advanced study of ballet.
2. Demonstrate with ease, complex exercises, which demand the thorough grasp of advanced vocabulary
3. Perform with a high level of control, showing refinement of line
4. Perform with a high level of competency in the body moving through space and within space.
5. Perform movements from verbal commands, as learned in course vocabulary
6. Perform a range of movements en pointe with fluidity and control.

*Music*

7. Show acute sensitivity to the rhythmical structures, melody, texture and dynamic expression of the music.

*Performance*

8. Show a high level of understanding of interpretation and expression coloring the performance
  - a. Demonstrate an assured and confident performance with a high level of engagement.

D. Course Outcomes Assessment:

Will include:

1. Students will be tested on ballet vocabulary and history in the following ways:
  - a. Students will be expected to write accurate, correctly-spelled definitions listed in the course vocabulary
  - b. Students will be required to execute the movements described in the course vocabulary
2. Students will be required to perform the movements, exercises, and competencies as described in the Course Outcome Techniques

E. Course Content:

1. **Basic floor barre warm-up** - Designed to enhance turnout and stability in the pelvis, strength in the back, feet and legs. Deep abdominal work, utilizing Pilates techniques, and theraband exercises.
2. **Barre** - To further warm and prepare the student for ensuing center work. This will consist of training exercises, focusing on specific problem areas for each student.

3. **Port de bras** - A wide range of port de bras exercises will be given by the instructor, providing variation within the genre. Work will be geared toward artistry, control, sensitivity to mood and musicality, with enhancing eyeline and performance quality.
4. **Center practice** - Will involve varied exercises, addressing vocabulary at this level and previous levels; specifically: Arabesques, Ballonnes simples, Ballottes, Sautes, Brises, Chaines, Fouettes, Glissades, Jetes, Pas de bouree, Pirouettes, Pivots, Grands ronds de jambe, Sissones, Temps de cuisse. Center work encompasses Adage and Allegro work, as well as pirouettes.
5. **Dance Study** - Elements of necessary techniques required by studios in both higher education and professional troupes will be practiced extensively.
6. **Pointe work** -  
  
Barre: Warm-up and strengthening exercises, utilizing therabands for extra resistance. Focus will be upon balance, alignment, control and ease of movement.  
  
Center: Petits soutenus and pose pirouettes en dedans, as well as Chaines are introduced.
7. **Reverence** – Will exhibit a level of respect for the Art of Ballet as will be required by future dance studios, both in higher education and employment.

\*Course has additional pre or co requisite(s)