

# Common Course Outline

## DANC 114

### Fundamentals of Ballet I

2 Credits

## The Community College of Baltimore County

### Description

**DANC 114 – 2 credits – Fundamentals of Ballet I** introduces the technique and discipline of classical ballet; includes barre work, body alignment, center and locomotor skills, dynamic variety and musicality.

Note: This course is designed for students with no previous dance training

This course may be repeated up to a maximum of 4 credits.

**2 Credits:** 3 hours of studio practice a week

### Overall Course Objectives

Upon completion of this course students will be able to:

1. identify basic ballet skills and terminology;
2. perform basic ballet skills with effective technique;
3. demonstrate strength and a range of mobility;
4. accurately demonstrate basic musicality;
5. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
6. demonstrate appropriate studio etiquette;
7. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
8. demonstrate self-awareness and awareness of others when performing and engaging in group activities;
9. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
10. identify criteria for making aesthetic judgments about ballet;
11. recognize choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about ballet;
12. discuss dance as a means to a healthy lifestyle; and
13. discuss ballet as a vehicle for expressing cultural, historical, political or social issues.

### Major Topics

- I. Technique at the fundamental level
  - A. Use of time, space and energy
  - B. Terminology
  - C. Musicality
  - D. Barre Work

- E. Center and across the floor movement sequence
- F. Performance skills
- II. History and Aesthetics
  - A. Historical influences
  - B. Aesthetics of classical, neo-classical and contemporary ballet
  - C. Aesthetics as a process and product of culture
- III. Dance and Wellness
  - A. Injury prevention
  - B. P.R.I.C.E treatment of injuries (prevent, rest, ice, compression and elevation)
  - C. Nutrition and hydration

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- Attendance and active participation in class activities and discussion
- Two movement evaluations (mid-term and final)
- Attendance at the CCBC Dance Company Concert and a written critique
- A minimum of one written examination
- A written or oral self-evaluation assignment

Written Assignments: Students are required to utilize appropriate academic resources.