

- B. The lab component is a necessity in a technique course, and offers the students the ability to work on their movement comprehension, technical abilities, physical endurance and alignment.
- C. Transferability:
 1. This course generally transfers as a dance program requirement.
 2. This course generally transfers as a dance program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a program requirement for the A.F.A. Dance degree.
- C. To see course transferability for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Ballet Technique:
 1. Refining the five positions of the feet and arms, the nine body facings, and the five arabesques.
 2. Barre exercises: plies, tendus, degage, frappes, rond de jambe, grande battements, finishing with deep stretching at the barre.
 3. Connecting and auxiliary movements: pas de bourre, tombe, passé, temps leve, and glissade.
 4. Adagio: including arabesque, attitude, body facings, grace, and control.
 5. Petit allegro: including jete, changement, echappe, assemble, pas de chat.
 6. Grande allegro: including tour jete, grande jete, sauté, tours en l'air.
 7. Turns: pirouette endehors and endedans, piques, chaine, balance en tournant.
- B. Conditioning methodology for dance
 1. Weight training and conditioning
 2. Pilates, Bartenieff and yoga
- C. Physiology
 1. Strength and flexibility
 2. Stamina/endurance
 3. Physicality and alignment
- D. Rehearsal process
- E. Written critical analysis and viewing of ballet dances
- F. Ballet terminology, including proper pronunciation, spelling and meaning.

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Identify, analyze and critique dance as a communicative art form and a means of personal expression. (GE-NJ 1, 6, *)
2. Apply critical analysis skills of ballet movement styles and structure. (GE-NJ 1, *)

(*Embedded critical thinking)

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate development of intermediate components of classical ballet technique; including execution of movement, quality, dynamics, and emotion, as well as refining the positions of the feet, arms, and body
2. Apply fundamental theories and principles to a broad range of challenging movement combinations.

VII. Modes of Teaching and Learning

- A. Lecture/discussion
- B. Instructor Demonstration
- C. In-class and homework movement assignments
- D. Guest artists
- E. Student performances
- F. Student collaboration

VIII. Papers, Examinations, and other Assessment Instruments

- A. Participation in class; including attitude, effort and punctuality
- B. Examinations
- C. In class rehearsal process
- D. Final performance
- E. Written critique of a live dance performance
- F. Written assignments and projects
- G. Attendance

IX. Grade Determinants

- A. Participation
- B. Professional class attitude
- C. Rehearsals and performances
- D. Exams
- E. Weekly assignments
- F. Technical improvement

X. Texts and Materials

- A. Suggested textbook
 - 1. The Language of Ballet A Dictionary, Thalia Mara
 - 2. Classical Ballet Technique, Gretchen Warren.
 - 3. Dance Kinesiology, 2nd edition, Sally Fitt, Schirmer Books, 1966.
- B. Appropriate dance clothes including ballet slippers.

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

XI. Resources

- A. Rehearsal Dance Studio, with professional floor and appointments
- B. Video and DVD equipment
- C. Stereo system equipped with cassette tape, digital audio input and CD
- D. Special Room Requirements: Nash Theater (for performance)