

III. Statement of Course Need

A. This course addresses the needs of the serious dance student, as well as the needs of lifelong learners who are interested in furthering their own abilities in ballet dance. With many of RVCC dance majors being placed out of the basic Ballet I class, it is important that they receive four semesters of Ballet. This Ballet II would serve as their first semester in the four semester required series.

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. Studio Arts elective

D. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

C. Transferability:

3. This course generally transfers as a dance program elective.
4. This course generally transfers as a dance program requirement.

V. Outline of Course Content

Class will consist of the following major components:

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, chainees, balance en tournant.
- B. Conditioning methodology for dance
 1. Weight training and conditioning
 2. Pilates, Bartenieff and yoga
 - B. Physiology
 - a. Strength and flexibility
 - b. Stamina/endurance
 - c. Physicality and alignment
 - C. Written critical analysis and viewing of ballet dances
 - D. Ballet terminology, including proper pronunciation, spelling and meaning.

VI. A. Course 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 1, 6, *)
 2. Apply critical analysis skills of modern movement styles and structure. (*)
 3. 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
 4. Apply fundamental theories and principles to a broad range of challenging movement combinations. (*)
- (*Embedded critical thinking)

B. Assessment Instruments

- A. Small-group work
- B. Student collaboration
- C. Lecture/Discussion
- D. Instructor Demonstration
- E. Movement assignments
- F. Group and Individual Critiques

VII. Grade Determinants

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

Primary formats, modes, and methods for teaching and learning that may be used in the course:

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

VIII. Texts and Materials

A. Suggested text(s):

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.)

IX. Resources

- A. Video and DVD equipment
- B. Stereo system equipped with cassette tape, digital audio input and CD
- C. Rehearsal Dance Studio, with professional floor and appointments
- D. Ballet Barres

X. Check One: Honors Course Honors Options N/A