

KIN 0050A - BALLET I

Catalog Description

Formerly known as PHED 56A

Hours: 36 activity per unit

Description: Introduction to fundamentals of classical ballet focusing on the development of technique through proper alignment, flexibility and strength. Elements of history, terminology and appreciation of ballet as an art form are explored. (CSU, UC)

Course Student Learning Outcomes

- CSLO #1: Identify methods to improve muscular abilities such as flexibility, balance, and coordination.
- CSLO #2: Define ballet terminology at a beginning level.
- CSLO #3: Outline the history of various styles of classical ballet.
- CSLO #4: Create a 20 to 30 minute beginning ballet routine.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Outline the history of ballet and compare and contrast various genres;
2. Describe the basic musical concepts to ballet movement;
3. Define ballet terminology;
4. Demonstrate improvement in muscular abilities such as flexibility, balance and coordination;
5. Perform floor stretches to improve flexibility and strength;
6. Demonstrate mastery in dance technique in barre and center combinations as well as performance settings;
7. Demonstrate pointe work including proper techniques and training;
8. Explain improvisation in dance;
9. Compare and contrast the various qualities of movement of ballet such as adagios and allegros; and
10. Create movement for a classical ballet performance piece.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Students will take a written exam comprised of matching terms with definitions. Example: a. Ronde Jambe - Circular motion of the leg b. Chaines - Chain like turns c. Petite Battements - Small Beats.
- Skill Demonstrations
 - Example: A skill demonstration test based on barre and center training will be required. Example: Perform an Adagio allegro and a grande allegro sequence.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will facilitate a class discussion using lecture and video of performances on the historical influences of ballet choreography. Students shall be prepared to discuss in class.
2. Discussion by the instructor on history of ballet. The students will discuss various genres in small groups.
3. Instructor will lead a discussion on pointe work including proper techniques. The students will discuss the various techniques in small groups.
4. Based on a reading assignment from the text: "The Pointe Book: Shoes, Training, Technique" the instructor will facilitate small group work in which students will be given a combination of movements which the group evaluate and then compare findings with other student groups.

Distance Learning

1. Discussion by the instructor on history of ballet. The students will discuss various genres in small groups.
2. Instructor will lead a discussion on pointe work including proper techniques. The students will discuss the various techniques in small groups.

Typical Out of Class Assignments Reading Assignments

1. Read two assigned ballets from the Romantic era and be prepared to evaluate the ways ballet was influenced.
2. Read and discuss a handout relating to the art of ballet in today's culture.

Writing, Problem Solving or Performance

1. Students will write a three-page paper in which they will compare the historical setting of two ballets and the influence they had on the

choreography during the romantic era. 2. Students will perform a dance combination in which peers will evaluate the student on aspects of techniques and creativity.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Ballet for Life: Exercises & Inspiration from the World of Ballet Beautiful
 - Author: Mary Helen Bowers
 - Publisher: Rizzoli International
 - Publication Date: 2017
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Appropriate dance attire, including ballet shoes.