

DANC 214

Ballet 1

2 Credits

Community College of Baltimore County
Common Course Outline

Description

DANC 214 – Ballet 1: builds on the technical skills introduced in Dance 115. Students focus on the ballet vocabulary and technical training with increasing demand of more complex combinations and performance skills at the intermediate level. This course may be repeated up to a maximum of 4 credit hours.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. perform intermediate ballet skills with effective technique;
2. demonstrate accurate movement memorization and reproduction of movement sequences;
3. accurately identify intermediate ballet skills and terminology;
4. analyze and perform intermediate level steps and sequences;
5. perform intermediate ballet skills with expressivity;
6. accurately demonstrate as it applies to ballet;
7. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
8. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
9. demonstrate expanded self-awareness and awareness of others when performing and engaging in group activities;
10. articulate appropriate criteria for making aesthetic judgments about dance;
11. differentiate the various styles of ballet from ballet's historical roots through contemporary choreographers;
12. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
13. analyze the choreographic styles and performance from a live concert and articulate appropriate criteria for making interpretations and judgments about dance;
14. discuss dance as a vehicle for expressing cultural, historical, political or social issues discuss; and
15. dance as a means to a healthy lifestyle.

Major Topics

- I. Technique at the intermediate level
 - a. Use of time, space, and energy
 - b. Terminology
 - c. Musicality
 - d. Barre work

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- 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
 - d. Romantic and Classical ballet variations
- III. Dance and Wellness
 - a. Nutrition
 - b. Injury prevention
 - c. P.R.I.C.E treatment of injuries (prevent, rest, ice, compression and elevation)

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

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

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 6/1/2021