

# Common Course Outline

## DANC 215

### Intermediate Ballet II

2 Credits

## The Community College of Baltimore County

### Description

**DANC 215 – 2 credits – Intermediate Ballet I** extends the classical 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

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

**Pre-requisite:** DANC 214 or consent of Dance Coordinator

### Overall Course Objectives

Upon completion of this course students will be able to:

1. perform an increased level of 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 complex intermediate level steps and sequences;
5. perform intermediate ballet skills with expressivity;
6. demonstrate clear musicality as it applies to classical 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 an increased level of 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. apply dance as a means to a healthy lifestyle; and
15. explain ballet as a vehicle for expressing cultural, historical, political or social issues.

### Major Topics

- I. Technique at the intermediate 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
  - D. Romantic and Classical ballet variations
- 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 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: Students are required to utilize appropriate academic resources.