

Common Course Outline
DANC 216
Intermediate/Advanced Ballet I
2 Credits

The Community College of Baltimore County

Description

DANC 216 – 2 credits – Intermediate/Advanced Ballet I provides practice of classical ballet at the intermediate/advanced level with an emphasis on developing technique, musicality and performance skills in complex dance sequences.

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 215 or consent of Dance Coordinator

Overall Course Objectives

Upon completion of this course students will be able to:

1. perform intermediate/advanced ballet skills with effective technique;
2. demonstrate a high level of movement memorization and reproduction of movement sequences;
3. accurately identify complex ballet skills and terminology;
4. analyze and perform intermediate/advanced level steps and sequences;
5. perform intermediate/advanced ballet skills with artistic expression, musical clarity and style;
6. demonstrate sophisticated 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 elements 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. examine ballet as a vehicle for expressing cultural, historical, political or social issues.

Major Topics

- I. Technique at the intermediate/advanced 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, Classical and Contemporary ballet variations
 - E. Elements of ballet choreography and performance
- 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 professional 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.