

**DANC 114**  
**Introduction to Ballet 1**  
2 Credits

Community College of Baltimore County  
Common Course Outline

**Description**

**DANC 114 – Introduction to Ballet 1:** introduces the technique and fundamentals of ballet; includes barre work, body alignment and integration, center and locomotor skills, dynamic variety and musicality. This course is designed for students with little or no previous dance training.

**Overall Course Objectives**

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

1. identify fundamental ballet skills and terminology;
2. perform fundamental ballet skills with effective technique and efficient body alignment according to individual anatomical structure;
3. demonstrate strength and a range of mobility;
4. accurately demonstrate basic musicality;
5. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
6. demonstrate appropriate studio etiquette;
7. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
8. demonstrate self-awareness and awareness of others when performing and engaging in group activities;
9. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
10. identify criteria for making aesthetic judgments about ballet;
11. recognize choreographic styles and performance from a live concert and articulate appropriate criteria for making aesthetic statements about dance;
12. discuss dance as a means to a healthy lifestyle; and
13. discuss dance as a vehicle for expressing cultural, historical, political or social issues.

**Major Topics**

- I. Technique principles of Ballet at the fundamental level as related to:
  - 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

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

For more information, see your professor's syllabus.

- b. Aesthetics of Ballet throughout its historical development
  - c. Aesthetics as a process and product of culture
- III. Dance and Wellness
  - a. Injury prevention
  - b. Nutrition and hydration
  - 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:

- Daily physical demonstration of dance technique
- Two practical evaluations (mid-term and final)
- Attendance at the CCBC Dance Concert and a written response
- One written examination
- A written or oral self-evaluation assignment

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.

### **Other Course Information**

This course may be repeated up to a maximum of 4 credits.

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