

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 DANC 115. Students focus on barre work, body alignment and integration, center and locomotor skills, dynamic variety, and musicality. This course is designed for students with previous dance training.

Overall Course Objectives

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

1. perform ballet skills with effective technique and efficient body alignment according to individual anatomical structure;
2. demonstrate accurate movement memorization and reproduction of movement sequences;
3. identify ballet skills and terminology;
4. analyze movement skills and combinations from an anatomically correct standpoint;
5. perform ballet skills with expressivity;
6. demonstrate musicality as it applies to ballet;
7. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
8. evaluate personal 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. dance as a means to a healthy lifestyle; and
15. discuss dance as a vehicle for expressing cultural, historical, political or social issues.

Major Topics

- I. Technique principles of Ballet 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

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

For more information, see your professor's syllabus.

- f. Performance skills
- II. History and Aesthetics
 - a. Historical influences
 - b. Aesthetics of Ballet over time
 - c. Aesthetics as a process and product of culture
- 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:

- Daily physical demonstration of dance technique
- Two movement evaluations (mid-term and final)
- Attendance at a live professional dance performance and a written response
- 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.

Other Course Information

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

Date Revised: 3/4/2025