

DANC 216

Intermediate Ballet 1

2 Credits

Community College of Baltimore County
Common Course Outline

Description

DANC 216 – Intermediate Ballet 1: provides training in ballet at the intermediate level. Students focus on barre work, body alignment and integration, center and locomotor skills, dynamic variety and musicality.

Pre-requisites: DANC 215 or consent of the Dance Coordinator

Overall Course Objectives

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

1. perform intermediate ballet skills with performance qualities, effective technique and efficient body alignment according to individual anatomical structure;
2. demonstrate ability to memorize movement and reproduce movement sequences;
3. accurately identify intermediate level ballet skills and terminology;
4. analyze intermediate level movement skills and combinations;
5. accurately evaluate all training, practice, and performance from an anatomically correct standpoint;
6. perform intermediate ballet skills with increasing artistic expression, musical clarity and style;
7. demonstrate greater clarity of musicality as it applies to ballet;
8. utilize an integrated kinesthetic perception, focus and concentration in order to self-evaluate and self-correct;
9. evaluate their growth in agility, balance, strength, endurance, flexibility, coordination, and movement efficiency;
10. demonstrate an increased level of self-awareness and awareness of others when performing and engaging in group activities;
11. articulate appropriate criteria for making aesthetic judgments about dance;
12. differentiate the various styles of ballet from ballet's historical roots through contemporary choreographers;
13. demonstrate effective oral, written and critical thinking skills as they apply to dance technique and appreciation;
14. analyze the choreographic styles and performance elements from a live concert and articulate appropriate criteria for making interpretations and judgments about dance;
15. apply dance as a means to a healthy lifestyle; and
16. examine dance as a vehicle for expressing cultural, historical, political or social issues.

Major Topics

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

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

For more information, see your professor's syllabus.

- 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 Ballet over time
 - c. Aesthetics as a process and product of culture
 - d. Elements of Ballet choreography and performance
- 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 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