

**I. CATALOG INFORMATION**A. Discipline: DANCEB. Subject Code and Number: DANC M10DC. Course Title: Ballet IV - Advanced

D. Credit Course units:

Units: 2Lecture Hours per week: 1Lab Hours per week : 3Variable Units : No

E. Student Learning Hours:

Lecture Hours:

Classroom hours: 17.5 - 17.5

Laboratory/Activity Hours:

Laboratory/Activity Hours 52.5 - 52.5**Total Combined Hours** in a 17.5 week term: 70 - 70

F. Non-Credit Course hours per week \_\_\_\_\_

G. May be taken a total of:  1  2  3  4 time(s) for creditH. Is the course co-designated (same as) another course: No  Yes 

If YES, designate course Subject Code &amp; Number: \_\_\_\_\_

I. Course Description:

Presents analysis and application of kinesthetic principles for advanced ballet to further develop skills, techniques and physical capabilities. Analyzes and discusses current trends in ballet and applies them in performance.

J. Entrance Skills

\*Prerequisite: No  Yes  Course(s)DANC M10C or commensurate skills demonstration\*Corequisite: No  Yes  Course(s)

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Limitation on Enrollment: No  Yes 

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Recommended Preparation: No  Yes  Course(s)

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Other: No  Yes 

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K. Other Catalog Information:

Moorpark College Faculty has defined Ballet Technique as a family of courses which includes DANC M09A, M10A, M10B, M10C, M10D and M40. A student may take a maximum of four (4) courses from a family.

## II. COURSE OBJECTIVES

Upon successful completion of the course, a student will be able to:

		<b>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</b>
1	demonstrate improved kinesthetic conditioning: increased flexibility, strength, coordination and endurance.	Performance and Written Test
2	execute advanced-level ballet barre exercises, center adagio and allegro combinations.	Performance and Written Test
3	identify the kinesthetic value of the various exercises for the body and mechanics of movements.	Performance and Written Test
4	demonstrate an increased understanding and capacity for self-assessment of individual capabilities and limitations (i.e., body awareness).	Journaling
5	identify and describe important 20th century and contemporary ballet practices including the works of the Ballet Russe, Balanchine, Forsythe, and their contemporaries.	Written Report
6	apply advanced somatic or kinesthetic principles to improve technique and performance.	Written Test Class Discussion Journaling
7	identify musical phrasing and meter as it applies to dance performance.	Performance and Written Test
8	observe, analyze, and evaluate one or more of the following elements of a ballet performance (live or from video): movement, innovation, thematic development, technical skills, and/or aesthetic choices.	Written Report Journaling
9	demonstrate an aesthetic value in the execution and performance of ballet choreography.	Performance/Skills Demonstration
10	exhibit choreographic skills by choreographing a short ballet (dance) utilizing classical vocabulary and music.	Performance/Skills Demonstration
11	demonstrate interpersonal skill by working with others, especially in partnering and choreographic projects.	Performance/Skills Demonstration

### III. COURSE CONTENT

Estimated %	Topic	Learning Outcomes
<b>Lecture (must total 100%)</b>		
20.00%	Review Ballet Theory including, but not limited to: a. Postural alignment: kinetic chains b. Proximal joint function and placement: bony landmarks c. Turnout: 180 degree d. Somatic approaches to strengthen connectivity	1, 2, 3, 4, 6, 9
25.00%	Ballet Vocabulary and Advanced Exercises at Barre including, but not limited to: a. Musical performance qualities: syncopation, allegro b. Positions of the feet and arms: 1st, 2nd, 3rd, 4th, and 5th c. Plié: demi, grand avec relevé, élevé d. Battements: tendu, dégagé, frappé (double), petit, grand e. Rond de jambe: en dedans, en dehors, en l'air, grand f. Développé: en croix g. Fondu: avec relevé h. Flic-flac i. Port de bras au corps	1, 2, 3, 4, 6, 7, 9
20.00%	Contemporary Applications of Directional Positions including, but not limited to: a. Épaulement: in relation to direction: en avant, en arrière b. Positions of the body-basic: à la quatrième à la second, croisé devant, croisé derrière, écarté devant, effacé devant, à la quatrième devant, à la quatrième derrière	1, 2, 3, 4, 6, 7, 9
25.00%	Center Vocabulary and Exercises including, but not limited to: a. Arabesque: 1st, 2nd, 3rd : promenade, tours b. Pas de bourrée: dessus, dessous c. Renversé d. Petite Batterie: entrechat quatre, entrechat trois, jeté battu, entrechat cinq e. Assemblé battu f. Sissonne: fermée, ouverte, ouverte en avant, de côté g. Échappé: sauté avec battu h. Ballonné i. Petite Allegro: more complex j. Grand Allegro: integrate more elements k. Pirouettes: en dedans, en dehors, fouetté, from 5th l. Tour en l'air (men) pointe exercise (women), pas de deux m. Révérence	1, 2, 3, 4, 6, 7, 9, 10, 11
10.00%	Ballet History a. Codified forms of ballet technique: Cecchetti, French, Russian, Bournonville, Royal Academy of Dance, Balanchine b. 20th century Neoclassical ballet choreographers: George Balanchine, William Forsythe	5, 8, 9, 11
<b>Lab (must total 100%)</b>		
25.00%	Ballet Theory a. Postural Alignment: kinetic chains b. Proximal joint function and placement: bony landmarks c. Turnout: 180 degree d. Somatic approaches to strengthen connectivity: Pilates, yoga, Bartenieff fundamentals	1, 2, 3, 4, 6, 9

25.00%	Ballet Vocabulary and Advanced Exercises at Barre including, but not limited to: a. Musical performance qualities: syncopation, allegro b. Positions of the feet and arms: 1st, 2nd, 3rd, 4th, and 5th c. Plié: demi, grand avec relevé, élevé d. Battements: tendu, dégagé, frappé (double), petit, grand e. Rond de jambe: en dedans, en dehors, en l'air, grand f. Développé: en croix g. Fondu: avec relevé h. Flic-flac i. Port de bras au corps	1, 2, 3, 4, 6, 7, 9
25.00%	Directional Terms a. Épaulement: in relation to direction: en avant, en arrière b. Positions of the body-basic: à la quatrième à la second, croisé devant, croisé derrière, écarté devant, effacé devant, à la quatrième devant, à la quatrième derrière	1, 2, 3, 4, 6, 7, 9
25.00%	Center Vocabulary and Exercises including, but not limited to: a. Arabesque: 1st, 2nd, 3rd: promenade, tours b. Pas de bourrée: dessus, dessous c. Renversé d. Petite Batterie: entrechat quatre, entrechat trois, jeté battu, entrechat cinq e. Assemblé battu f. Sissonne: fermée, ouverte, ouverte en avant, de côté g. Échappé: sauté avec battu h. Ballonné i. Petite Allegro: more complex j. Grand Allegro: integrate more elements k. Pirouettes: en dedans, en dehors, fouetté, from 5th l. Tour en l'air (men) pointe exercise (women), pas de deux m. Révérence	1, 2, 3, 4, 6, 7, 9, 10, 11

#### IV. TYPICAL ASSIGNMENTS

##### A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:	
1	write a report on a subject related to the course; e.g, The contributions of George Balanchine to American Ballet.
2	keep a journal that might include self-analysis of movement; feedback from tests and videos.
3	write a critique of dance performance.

##### B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:	
1	practice somatic exercise to strengthen the core, stretch and release tension.
2	attend a professional ballet company and review the performance.
3	rehearse final projects; choreograph final practice for performance.

##### C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:	
	research the influences of Laban on William Forsythe's approach to ballet

1	choreography.
2	research and present the impact that the Ballet Russe had on ballet in 20th century Europe.

**V. METHODS OF INSTRUCTION**

Methods of instruction may include, but are not limited to:

- Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- Lecture/Discussion
- Laboratory/Activity
- Other (Specify) Participate in a rehearsal and performance activity.
- Optional Field Trips
- Required Field Trips

**VI. METHODS OF EVALUATION**

Methods of evaluation may include, but are not limited to:

- Essay Exam
- Classroom Discussion
- Skill Demonstration
- Problem Solving Exam
- Reports/Papers/Journals
- Participation
- Objective Exams
- Projects
- Other (specify)

Participate in a choreographed and rehearsed performance project.

**VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS**

Grant, Gail. Technical Manual and Dictionary of Classical Ballet. BN Publishing, 2014.

Hammond, Sandra Noll. Ballet: Beyond the Basics. Waveland, 2011.

Grieg, Valerie. Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class. Princeton Book, 1994.

**VIII. STUDENT MATERIALS FEES**

- No  Yes

**IX. PARALLEL COURSES**

<i>College</i>	<i>Course Number</i>	<i>Course Title</i>	<i>Units</i>
Foothill College	DANC 1C	Advanced Ballet	1
Consumnes River College	DANCE 323	Ballet IV	1
Santa Barbara City College	PE 150C	Advanced Ballet	1

San Francisco City College	DANC 120C	Advanced Ballet	2
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**X. MINIMUM QUALIFICATIONS**

**Courses Requiring a Masters Degree:**  
 Master's in dance, physical education with a dance emphasis, or theater with dance emphasis, OR Bachelor's in any of the above AND Master's in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent.

**XI. ARTICULATION INFORMATION**

A. Title V Course Classification:

1. This course is designed to be taken either:

- Pass/No Pass only (no letter grade possible); or
- Letter grade (P/NP possible at student option)

2. Degree status:

Either  Associate Degree Applicable; or  Non-associate Degree Applicable

B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?

Yes:  No:  If YES, what section(s)?

- A1 - Natural Sciences - Biological Science
- A2 - Natural Sciences - Physical Science
- B1 - Social and Behavioral Sciences - American History/Institutions
- B2 - Social and Behavioral Sciences - Other Social Behavioral Science
- C1 - Humanities - Fine or Performing Arts
- C2 - Humanities - Other Humanities
- D1 - Language and Rationality - English Composition
- D2 - Language and Rationality - Communication and Analytical Thinking
- E1 - Health/Physical Education
- E2 - PE or Dance
- F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU? Yes:  No:

2. If YES do you recommend this course for inclusion on the CSU General Education list?

Yes:  No:  If YES, which area(s)?

- A1
- A2
- A3
- B1
- B2
- B3
- B4
- C1
- C2
- D1
- D2
- D3
- D4
- D5
- D6
- D7
- D8
- D9
- D10
- E

## D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes:  No:
2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes:  No:

IGETC Area 1: English Communication

- English Composition
- Critical Thinking-English Composition
- Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning

- Mathematical Concepts

IGETC Area 3: Arts and Humanities

- Arts
- Humanities

IGETC Area 4: Social and Behavioral Sciences

- Anthropology and Archaeology
- Economics
- Ethnic Studies
- Gender Studies
- Geography
- History
- Interdisciplinary, Social & Behavioral Sciences
- Political Science, Government & Legal Institutions
- Psychology
- Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

- Physical Science Lab or Physical Science Lab only (non-sequence)
- Physical Science Lecture only (non-sequence)
- Biological Science
- Physical Science Courses
- Physical Science Lab or Biological Science Lab Only (non-sequence)
- Biological Science Courses
- Biological Science Lab course
- First Science course in a Special sequence
- Second Science course in a Special Sequence
- Laboratory Activity

Physical Sciences

IGETC Area 6: Language other than English

Languages other than English (UC Requirement Only)

U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

**XII. REVIEW OF LIBRARY RESOURCES**

A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:

Research, using the Library's print and online resources, on the impact of the Ballet Russe on ballet in 20th century Europe.

B. Are the currently held library resources sufficient to support the course assignment?

YES:  NO:

If NO, please list additional library resources needed to support this course.

**XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION**

Requisite Justification for DANC M10C

A. Sequential course within a discipline.

1. demonstrate improved kinesthetic conditioning: increased flexibility, strength, coordination and endurance.
2. perform intermediate ballet movement vocabulary in an adagio or allegro pattern combination.
3. outline the kinesthetic value of the various exercises for the body and mechanics of movements.
4. identify/discuss world class ballet companies and leading figures in the field of ballet.
5. identify and describe the important historical aspects of the Ballet Russe and modern dance influences on ballet practices in the 20th century.
6. appraise in writing the aesthetic nature of ballet technique and performances.
7. define, identify and reproduce ballet terminology and its correlating movement correctly.
8. identify and analyze musical meter construction and phrasing as they relate to dance.
9. demonstrate an increase in performance quality and projection.
10. observe, analyze, and evaluate one or more of the following elements of a ballet performance (live or from video): movement,



innovation, thematic development, technical skill, and/or aesthetic choices.

- B. Standard Prerequisite or Corequisite required by universities.
- C. Corequisite is linked to companion lecture course.
- D. Prerequisite or Corequisite is authorized by legal statute or regulation.  
Code Section: \_\_\_\_\_
- E. Prerequisite or Corequisite is necessary to protect the students' health and safety.
- F. Computation or communication skill is needed.
- G. Performance courses: Audition, portfolio, tryouts, etc. needed.

or

Requisite Justification for commensurate skills demonstration

- A. Sequential course within a discipline.
- B. Standard Prerequisite or Corequisite required by universities.
- C. Corequisite is linked to companion lecture course.
- D. Prerequisite or Corequisite is authorized by legal statute or regulation.  
Code Section: \_\_\_\_\_
- E. Prerequisite or Corequisite is necessary to protect the students' health and safety.
- F. Computation or communication skill is needed.
- G. Performance courses: Audition, portfolio, tryouts, etc. needed.

#### **XIV. WORKPLACE PREPARATION**

DANC M10D: Not Applicable

#### **XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM**

1. Mode of Delivery

- Online (course will be delivered 100% online)
- Online with onsite examinations (100% of the instruction will occur online, but examinations and an orientation will be scheduled onsite)
- Online/Hybrid (a percentage of instruction will be held online and the remaining percentage of instruction will be held onsite)
  - Lab activities will be conducted onsite
- Televideo (Examinations and an orientation will be held onsite)
- Teleconference
- Other

2. Need/Justification

Improve general student access.

3. Describe how instructors teaching this course will ensure regular, effective contact with and among students.

Weekly discussion forums addressing material from both lecture and lab activities. A large percentage of faculty-to-student contact will occur in the technique (lab) session, which will held on site.

4. Describe how instructors teaching this course will involve students in active learning.

In addition to the on site class activity and objectives, the online portion will utilize video viewing and critiquing, vocabulary studying and quizzing, perusing documents and articles related to course content.

5. Explain how instructors teaching this course will provide multiple methods of content representation.

Material will be presented in online lectures and video samples. Students will be asked to conduct web searches for appropriate ballet videos online.

6. Describe how instructors teaching this course will evaluate student performance.

In addition to the synthesis of vocabulary, history and historical practices in lab work (ballet technique) students will turn in written assignments and complete quizzes on dance history, alignment and terminology appropriate for ballet.

**XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM**

**General Education Division of Learning** [check all applicable boxes]:

- Natural Sciences
  - Biological Science
  - Physical Science
- Social and Behavioral Sciences
  - American History/Institutions

- Other Social Science
- Humanities
  - Fine or Performing Arts
  - Other Humanities
- Language and Rationality
  - English Composition
  - Communication and Analytical Thinking
- Health/Physical Education
- Ethnic/Women's Studies

**Check either Option 1 or Option 2**

- OPTION #1:** Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.
- OPTION #2:** Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

**XVII. STUDENT MATERIALS FEE ADDENDUM**

DANC M10D: Not Applicable

**XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041**

DANC M10D: Not Applicable

**XIX. CURRICULUM APPROVAL**

Course Information:

Discipline: DANCE

Discipline Code and Number: DANC M10D

Course Revision Category: Outline Update

Course Proposed By:

Originating Faculty Beth Megill 01/04/2016

Faculty Peer: Sari Rawles 01/11/2016

Curriculum Rep: \_\_\_\_\_

Department Chair: \_\_\_\_\_

Division Dean: John Loprieno 01/14/2016

Approved By:

Curriculum Chair: Jerry Mansfield 02/06/2016

Executive Vice President: Lori Bennett 02/01/2016

Articulation Officer: Letrisha Mai 01/20/2016

Librarian: Mary LaBarge 01/20/2016

Implementation Term and Year: Fall 2016

Approval Dates:

Approved by Moorpark College Curriculum Committee: 02/02/2016

Approved by Board of Trustees (if applicable): \_\_\_\_\_

Approved by State (if applicable): 04/21/2016