

**DEREE COLLEGE SYLLABUS FOR: DA 3000 CLASSICAL BALLET**

**0/6/3**

(Updated Fall 2015 )

**UK LEVEL 5  
UK CREDITS 15**

**PREREQUISITES:**

None

**CATALOG  
DESCRIPTION:**

Ballet class, 'open level'. Barre exercise. Adagio. Allegro. Short repertory variations from the classical repertory performed in studio conditions. Terminology of classical ballet.

**RATIONALE:**

Ballet training is offered as a complement to student's required technique studies in contemporary dance. Strong barre technique, introduction to center practice, adagio, and allegro help build a strong, coordinated body. Short movement sequences help develop musicality and phrasing.

**LEARNING OUTCOMES:**

As a result of taking this course, the student should be able to:

1. Identify the purpose of each limbering and strengthening exercise in the ballet barre, and have a working knowledge of how they function anatomically.
2. Name and explain ballet alignments, the five positions of feet, and all arm positions.
3. Identify ballet terminology; describe and define basic ballet steps, movements and poses.
4. Demonstrate, with some technical expertise, basic barre practice and centre work (e.g. adagio, allegro)
5. Apply contemporary kinaesthetic concepts of dynamic alignment, economy of effort, and flow to ballet practice
6. Take part in the performance of basic combinations with clarity and confidence.

**METHOD OF TEACHING AND  
LEARNING:**

In congruence with the teaching and learning strategy of the college, the following tools are used:

- Ballet class consisting of barre work and centre combinations.
- Studios: students are encouraged to use studio facilities for further practice
- Library: Students are encouraged to make use of the library facilities for their assignments
- Attendance at dance concerts and dance seminars outside the College
- Office hours: students are encouraged to make full use of the office hours of their instructor, where they can ask questions and go over lecture and reading material.
- Use of a blackboard site, where instructors post lecture notes, assignment instructions, timely announcements, as well as additional resources.

**ASSESSMENT:**

**Summative:**

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| Coursework : Mid term assessed class, barre emphasis | <b>40%</b> |
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| Final Examination: Final assessed class (with extended combinations) | <b>60%</b> |
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**Formative:**

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| Attendance and participation | <b>0</b> |
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The formative “attendance and participation” aims to prepare students for the examination.

The “mid term assessed class (barre)”: 1,2,3,4,5,

The “ final assessed class (extended combinations) tests Learning Outcomes: 1,2,3,4,5,6

**READING LIST:**

**REQUIRED MATERIAL:**

Grant, G. 2009. *Technical Manual and Dictionary of Classical Ballet*, BN Publishing.Publications.

**FURTHER READING:**

Minden E.G. 2005 *The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet*, Touchstone.

**RECOMMENDED MATERIAL:**

*New York City Ballet: The Complete Workout, Vol 1-2*, DVD Palm Pictures 2007.

**COMMUNICATION REQUIREMENTS:**

All work in proper written and verbal English, and use of proper terminology

**SOFTWARE REQUIREMENTS:**

Use of Microsoft Word or similar word processing program and an internet connection for access to online dance databases (available through college library).

**WWW RESOURCES:**

[www.dancing-times.co.uk](http://www.dancing-times.co.uk)  
[www.ballet.co.uk](http://www.ballet.co.uk)  
[www.dancemagazine.com](http://www.dancemagazine.com)  
<http://www.abt.org/education/dictionary/index.html>

**INDICATIVE CONTENT:**

1. Ballet barre: pliés, tendues, rond de jambe, petit battement, grand battement), relevé, dégagé, frappé, develop
2. Stretching and strengthening exercises
3. Center work: Adagio using port de bras, chassé and tendue into croissé, en face, and effacé, allegro work to strengthen the dynamics of the feet and legs.
4. Combinations across the floor to develop rhythm, coordination, a sense of flow, and the pleasure of movement
5. Révérence
6. Terminology of the classical methodology.