



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code DANC-131	Course Title Ballet I	ECTS Credits 6
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Major Core	Field Dance Technique	Language of Instruction English
Level of Course 1st Cycle	Year of Study 1 st	Lecturer Julia Brendle
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This course is an introduction to the technique and terminology of classical ballet. Emphasis will be directed towards developing both basic technical skills and aesthetic sensibilities at a beginning level. Ballet movement vocabulary will be introduced at the barre and center. Basic movement qualities, energies and rhythms will be explored.

Learning Outcomes:

After the completion of the course students are expected to be able to:

1. Execute proper alignment (including aplomb and balance).
2. Practice the basic positions of the feet and arms.
3. Identify basic terminology vocabulary.
4. Demonstrate good mechanics of *en dehors* and *en dedans*.
5. Discuss and perform the basic movement qualities of each movement/step.
6. Aesthetically appreciate ballet technique.
7. Identify demands of ballet technique and set goals for individual progress.

Course Contents:

1. Description and analysis of correct postural alignment
2. Practice of the five ballet leg and arm positions
3. Introduction of basic vocabulary steps at the barre:
 - a) demi-plie/grand-plie
 - b) tendu
 - c) degage
 - d) temps lie
 - e) passe
 - f) ronds-de-jambe a terre
 - g) fondu
 - h) developpe
 - i) petit and grand battement
4. Execution of floor barre sequences in order to develop and enhance understanding of the barre and center work

5. Development of strength and flexibility through the following petit allegro steps: glissades, sautees, soubresauts, changements, and echapees en l'air
6. Basic steps in center: balances on two legs, simple port de bras, adagios
7. Transferring steps and practice of the appropriate mechanics: temps lie, chasses
8. Introduction of petit allegro: soubresaut, changement, echappe sauté in 2nd
9. Execution of simple traveling combinations to enhance spatial awareness
10. Execution of combinations at the barre and centre to begin developing musicality, rhythmic skills and performance skills

Learning Activities and Teaching Methods:

Studio, supplemented by Visual Aids and Terminology Handouts

Assessment Methods:

In Class Participation and Performance, Practical Midterm Evaluation, Written Ballet Terminology Quizzes (2), Practical Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Warren, Gretchen	<u>Classical Ballet Technique</u>	Gainesville, FL: University Press of Florida	1990	0813009456

G.T.Y.F/Injury Form Required

Recommended Textbook/Reading:

Authors	Title	Publisher	Year	ISBN
Grant, Gail	<u>The Technical Manual and Dictionary of Classical Ballet Technique</u>	New York: Dover Publications	1982	0486218430
Vaganova, Agrippina	<u>Basic Principles of Classical Ballet</u>	New York: Dover Publications	1969	0486220362