



Course syllabus

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

Course Objectives:

The main objectives of the course are to:

- Expose students to the fundamentals of ballet technique
- Introduce students to vocabulary steps at the elementary level
- Practice of the five ballet leg and arm positions
- Practice arabesque lines, simple allegro movements and preparation of pirouettes
- Improve technical skills and the aesthetic sensibilities at the elementary level

Learning Outcomes:

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

- Demonstrate an understanding of ballet technique, classroom etiquette, dress and process
- Develop an understanding of proper alignment (including aplomb and balance) and identify the basic positions of the feet and arms
- Identify basic terminology vocabulary using French terms
- Demonstrate good mechanics of en dehors and en dedans and balance through the movements explored
- Discuss and perform the different movement qualities of each vocabulary step
- Develop an aesthetic appreciation and understanding of the ballet technique
- Identify specific demands of ballet technique and set goals for their individual progress

Course Content:

- Introduction of basic vocabulary steps at the barre: demi-plie/grand-plie, tendu, degage, temps lie, passe, ronds-de-jambe a terre, fondue, developpe, petit and grand battement
- Description and analysis of correct postural alignment
- Execution of floor barre sequences in order to develop and enhance understanding of the barre and center work
- Development of strength and flexibility through the following petit allegro steps: glissades, sautees, soubresauts, changements, and echapees en l'air
- Introduction of basic vocabulary steps in center: balances on two legs, simple port de bras, adagios, arabesque lines, balances on one leg
- Description of transferring steps and practice of the appropriate mechanics: temps lie, chasses
- Execution of certain traveling combinations to enhance their spatial awareness

Learning Activities and Teaching Methods:

Practical demonstration, Visual aids/Video excerpts, Intense Practice, Floor Barre sequences, Terminology Handouts and Assignments

Assessment Methods:

In Class Performance, Midterm Evaluation, Ballet terminology quizzes, Final Jury Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Ballet-The Essential Guide to Technique and Creative Practice	Jennifer Jackson	The Crowood Press	2021	9781785008306
Beginning Ballet with Web Resource	Gayle Kassing	Human Kinetics	2013	9781492576020
Basic Principles of Classical Ballet	Agrippina Vaganova	Dover Publications Rev. Ed	2012	---
Floor Barre	Alex D'Orsay	Youcanprint SelfPublishing	2018	8892660853