



Course Syllabus

Course Code	Course Title	ECTS Credits
DANC-234	Ballet IV	6
Prerequisites	Department	Semester
DANC 233 or by placement	Music and Dance	Spring
Type of Course	Field	Language of Instruction
Required	Ballet Technique	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Christina Patsalidou	2 nd
Mode of Delivery	Work Placement	Corequisites
Face to Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Approach all training, practice and performance from an anatomically correct and core connected standpoint focusing on placement and alignment, core support and conditioning, application of rotation, spatial awareness and full body integration and rhythmic clarity and musicality
- Build strength, flexibility and endurance through ballet technique at intermediate level
- Enhance learning perception and ability through visual, auditory and kinesthetic stimulation in ballet technique
- Practice methods of implementing corrections and self-observations

Learning Outcomes:

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

- Demonstrate appropriate technique through the performance of intermediate movement sequences and dances in ballet
- Demonstrate co-ordination, control and accuracy in a range of sequences at the intermediate level
- Demonstrate secure placement, strength and control over sustained and balanced movements

- Develop and refine personal expression and artistry
- Observe and write about their own progress and challenges in the course
- Integrate knowledge, observations and corrections from the instructor
- Recognize continual bodily tendencies, affections and habits and strategize solutions for coping or change

Course Content:

- Intermediate Ballet Vocabulary and Sequences
- Execution of more complicated patterns and sequences at the barre
- Centre practice including longer and more complex port de bras and adage combinations
- Travelling sequences and use of space
- Petit allegro, Allegro and Grand allegro at the intermediate level
- Videorecording of preset sequences for viewing and assessment
- Point Readiness Assessment

Learning Activities and Teaching Methods:

Practical demonstration, Visual aids/Video excerpts, Intense Practice, Use of Imagery, Setting of Individual Progress Goals, Self-Observation Assignment

Assessment Methods:

In Class Performance, Applied Technique Examination I & II, Written Work/Self Evaluation Assignment and Individual progress Goals, 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
Rethinking Technique: Considering Visual, Oral and Movement Literacy to Promote Technical Skill and Artistic Growth	Jason Ohlberg	Journal of Dance Education	2021	--