



Course syllabus

Course Code	Course Title	ECTS Credits
DANC-339	Pointe Work I	2
Prerequisites	Department	Semester
DANC-234	Music and Dance	Fall/Spring
Type of Course	Field	Language of Instruction
Elective	Composition and Performance	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Christina Patsalidou	3 or 4
Mode of Delivery	Work Placement	Corequisites
Face to Face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Introduce dancers to pointe work and its benefits
- Identify the correct pointe shoe for oneself
- Provide safe pointe practices and guidance for correct technique to prevent injury
- Execute simple movement en pointe while demonstrating secure posture and well turn out
- Strengthen ankles and feet

Learning Outcomes:

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

- Roll through the demi pointe to full pointe during warm up combinations
- Perform secure and assured movement en pointe with secure posture and correct weight placement
- Showing a secure understanding of weight transfer and suspension while en pointe
- Demonstrate co-ordination of the whole body while executing movement en pointe

Course Content:

- Rises
- Ballet Classical walks
- Echappes Releves
- Releves devant and derriere and Releves Passes
- Pas de bouree Piques
- Courus
- Temps lie
- Poses de cote and en avant
- Poses into arabesque
- Coupe fouetté raccourci
- Pique Turns

Learning Activities and Teaching Methods:

Practical Demonstration, Visual Aids and Use of Images, Intense Practise and Assignments

Assessment Methods:

In Class Performance, Midterm Examination, Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Perfect Pointe Book	Lisa Howell	Independently Published	2019	1797529730
Pointe Work: Ten Reasons- Why and When	Dawn Crouch	Independently Published	2020	979-8677675614