

DANCE110 : Ballet Technique I

General Information

Author:	<ul style="list-style-type: none">Victor Robles
Course Code (CB01) :	DANCE110
Course Title (CB02) :	Ballet Technique I
Department:	DANCE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1008.10) Commercial Dance
CIP Code:	(50.0399) Dance, Other.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000549804
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	DANCE 110 provides students with practical experience in the traditional ballet techniques and styles. Through demonstration, exercise, and discussion, students will learn the development of the basic physical skills, ballet vocabulary, alignment, coordination, and mental discipline necessary to excel in all dance forms.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Dance
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

09/14/1987

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 2

Maximum Credit Units (CB06) 2

Total Course In-Class (Contact) Hours 72

Total Course Out-of-Class Hours 36

Total Student Learning Hours 108

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	1	2
Laboratory Hours	3	0
Studio Hours	0	0

Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	54
Studio	0
Total	72

Course Out-of-Class Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Read, write and converse in English.

Add, subtract, divide, and multiply.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Field Activities (Trips)

Methods of Instruction Guest Speakers

Methods of Instruction Presentations

Out of Class Assignments

- Attendance at Glendale Community College Dance Department performances
- Online research from medieval court dances to the romantic era
- Written evaluation of the performance attended

Methods of Evaluation

Rationale

Other Class participation in critiques, analysis, and evaluation of dance performance

Exam/Quiz/Test Written exams

Exam/Quiz/Test Movement exams

Writing Assignment Written essays

Exam/Quiz/Test Final exam

Textbook Rationale

This is a classic text for this course

Textbooks

Author	Title	Publisher	Date	ISBN
Jacqui Green Haas	Dance Anatomy	Human Kinetics, Inc	2018	9781492545170
Craine, D. and Mackrell, J.	The Oxford Dictionary of Dance	Oxford	2013	978019172 7658

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Reproduce a basic ballet barre.

Interpret a basic ballet combination.

Examine the application of ballet terminology as utilized in live, video, and in class performance.

Compare the development of ballet technique from the Romantic era to the present.

SLOs

Analyze and define basic barre terminology and center work.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

DANCE
Dance Teaching - A.S. Degree
Major

Create dance programs for private studios, fitness centers, and community centers

Design lesson plans for children, adults, and seniors

Teach technical dance skills using correct body alignment and muscle coordination

<i>DANCE</i> Dance Teaching - Certificate	Create dance programs for private studios, fitness centers, and community centers
	Design lesson plans for children, adults, and seniors
	Teach technical dance skills using correct body alignment and muscle coordination
<i>KIN</i> Kinesiology - AA-T	Demonstrate an understanding of biomechanical skills at different levels
	Recognize and apply methods to develop and promote a physically healthy lifestyle
<i>KIN</i> Kinesiology AA-T Degree	Demonstrate critical thinking skills necessary to understand and analyze knowledge specific to kinesiology
	Demonstrate oral and written communication that meets appropriate professional and scientific standards in kinesiology
	Exhibit knowledge of the skeletal and neuromuscular structures of the human body
	Perform basic motor skills and apply a variety of concepts, theories, and methods common to kinesiology to bridge the gap between theory and practice
	apply and access universal risk management tools used to promote safe practices in physical activity
<i>DANCE</i> Choreographic Studies and Dance Technique	Explain dance vocabulary of various dance styles.
	Explain dance vocabulary of various dance styles.
	Explain dance vocabulary of various dance styles.
Practice correct ballet turn-out and dynamic alignment.	
Expected Outcome Performance: 70.0	
<i>KIN</i> Kinesiology - AA-T	Demonstrate an understanding of biomechanical skills at different levels
	Recognize and apply methods to develop and promote a physically healthy lifestyle
<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>DANCE</i> Choreographic Studies and Dance Technique	Demonstrate technical dance skills using correct body alignment and muscle coordination
	Demonstrate technical dance skills using correct body alignment and muscle coordination
	Demonstrate technical dance skills using correct body alignment and muscle coordination
<i>DANCE</i> Dance Teaching - A.S. Degree Major	Teach technical dance skills using correct body alignment and muscle coordination
<i>DANCE</i> Dance Teaching - Certificate	Teach technical dance skills using correct body alignment and muscle coordination

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

Course Content

Lecture Content

Introduction (4 hours)

- Development of the ballet technique
- Development of ballet styles

Injury Prevention – Safety (6 hours)

- Body alignment
- Turn-out
- Breathing

Barre Work (2 hours)

- Plié
- Battement tendu
- Battement degage
- Rond-de-jambe á terre
- Battement fondu
- Battement frappe
- Rond-de-jambe en l'Air
- Grand battement
- Stretching

Center (2 hours)

- Directions
- Positions
- Port-de-bras combination
- Battement tendu combination
- Pirouette combination
- Adage
- Allegro
- Révérence

Performance Skills (4 hours)

- Focus
- Dynamics
- Rhythm
- Presentation
- Interpretation

Total hours: 18

Laboratory/Studio Content

Injury Prevention – Safety (12 hours)

- Body alignment
- Turn-out
- Breathing

Barre Work (12 hours)

- Plié
- Battement tendu
- Battement degage
- Rond-de-jambe á terre
- Battement fondu
- Battement frappe
- Rond-de-jambe en l'Air
- Grand battement
- Stretching

Center (12 hours)

- Directions
- Positions
- Port-de-bras combination
- Battement tendu combination
- Pirouette combination

- Adage
- Allegro
- Révérence

Performance Skills (18 hours)

- Focus
- Dynamics
- Rhythm
- Presentation
- Interpretation

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value