



MERCER
COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Course Number
DAN102

Course Title
Ballet I

Credits
2

Hours:
Lecture/Lab/Other
1/2/0

Co- or Pre-requisite

None

Implementation
Semester & Year
Fall 2022

Catalog description:

Introduces traditional or classic ballet terminology, forms, and techniques. This course emphasizes body alignment and physical skill needed for proper classical ballet movements.

General Education Category:
Not GenEd

Course coordinator:
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Required texts & Other materials:

NONE

Course Student Learning Outcomes (SLO):

Upon successful completion of this course the student will be able to:

1. Understand and execute basic ballet technique. [Supports ILG # 6 & 11; PLO # 1]
2. Perform simple ballet combinations. [Supports ILG 6]
3. Execute proper placement and alignment in ballet combinations. [Supports ILG 6; PLO # 1]
4. Develop a sense of musicality. [Supports ILG # 6 & 11 PLO; # 1]
5. Create long-lasting and direct changes in movement, coordination, posture and efficiency through somatic learning. [Supports ILG # 6 & 11 ; PLO # 1]
6. Describe and examine basic concepts of nutrition. [Supports ILG # 6 & 11; PLO # 1]

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal. 6. Humanities. Students will analyze works in the fields of art, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for Dance AA & Dance AFA (PLO)

- 1 Master the physical discipline and time investment necessary to carry out professional concerts;
- 2 Choreograph independently to create their own dances;
- 3 Work collaboratively with artistic and production staff;
- 4 Create successful auditions by preparing materials and exhibiting professional conduct.

Units of study in detail – Unit Student Learning Outcomes:

Unit I [Barre Work] [Supports Course SLOs #1 – 6]

Learning Objectives

The student will be able to...

- Execute and comprehend ballet positions for the feet, arms, head, and body.
- Execute and comprehend basic movements and their variations.
- Demonstrate motivation, timing, and progression through barre exercises.
- Comprehends the purpose of barre exercises, and their relation to center work and enchainment.
- Maintain classical alignment throughout movement.
- Distinguish between proper and improper alignment and make adjustments to maintain classical alignment.

Unit II [Center work: Allegro-fast sequence of classical movements] [Supports Course SLOs #1 – 6]

Learning Objectives

The student will be able to...

- move consistently on the beat.
- maintain torso alignment while moving.
- move with focus.

Unit III [Center work: Adagio-slow sequence of classical movements] [Supports Course SLOs #1 – 6]

Learning Objectives

The student will be able to...

- clearly replicate classical positions in space.
- articulate legs and arms with awareness of proper alignment.
- demonstrate a general sense of balance, strength and flexibility.

Unit IV [Enchainment—moving through space from one side of the room to opposite side] [Supports Course SLOs #1 – 6]

Learning Objectives

The student will be able to...

- jump without undue strain.
- hold spinal alignment, articulate feet, and keep shoulders down to accomplish jumps.
- maintain focus.
- achieve adequate height in the leap while maintaining classical alignment.
- demonstrate musicality.

Unit V [Somatic Learning and Nutrition] [Supports Course SLOs #1 – 6]

Learning Objectives

The student will be able to...

- prevent muscular injuries through relaxation, balance, and proper coordination.
- improve and maintain posture and flexibility.
- Integrate “mind” and “body” to help direct locomotor intentions more effectively.
- the ability to feel, sense, and control psychomotor interactions with the environment.
- develop strategies to decrease stress.
- explain what constitutes a proper diet.
- list some myths and facts concerning nutrition.

Evaluation of student learning:

1. Periodic evaluation of students' progress in technique exercises and enchainment.

2. Quizzes on terminology.
3. Mid-Term and Final evaluation of the students' individual technical performance.
4. Satisfactory performance of given final enchainment