

# **RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE**

## **DANC-114 BALLET FOR NON-MAJORS**

### **I. Basic Course Information**

A. Course Number and Title: DANC-114 BALLET FOR NON-MAJORS

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall                      Year: 2023

**D. Effective Term: Fall 2024**

E. Sponsoring Department: Arts & Design

F. Semester Credit Hours: 1

G. Weekly Contact Hours: 3                      Lecture: 0  
Laboratory: 3  
Out of class student work per week: 1.5

H. ☒ Prerequisite (s): DANC-107 BALLET I or permission of the instructor

☐ Corequisite (s): No

☐ Prerequisite (s) and Corequisite (s): No

I. Additional Fees: No

J. Name and E-Mail Address of Department Chair and Divisional Dean at time of approval: Darren McManus ([Darren.McManus@raritanval.edu](mailto:Darren.McManus@raritanval.edu)) and Virginia Smith ([Virginia.Smith@raritanval.edu](mailto:Virginia.Smith@raritanval.edu)), Dean Patrice Marks ([Patrice.Marks@raritanval.edu](mailto:Patrice.Marks@raritanval.edu))

### **II. Catalog Description**

PREREQUISITE: DANC-107 BALLET I or permission of the instructor

BALLET FOR NON-MAJORS is an intermediate to advanced level ballet technique class. Through active participation, students will refine their technical skills and performance capabilities, and develop more highly advanced technical qualities. Longer movement combinations and more intricate spatial designs will be implemented in the barre, center

work and across-the-floor phases. Students will be required to provide appropriate dance attire and shoes. This course may be taken multiple times, but only once for credit.

### **III. Statement of Course Need**

- A. This course offers the general student population, as well as early credit students, a four-semester sequence of ballet technique.
- B. The lab component is a necessity in a technique course, and offers the students the ability to work on their movement comprehension, technical abilities, physical endurance and alignment.

### **IV. Place of Course in College Curriculum**

- A. Free Elective
  - B. Studio Arts elective
  - C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.
- C. Transferability:
- 1. This course generally transfers as a performing art elective..

### **V. Outline of Course Content**

Class will consist of the following major components:

- A. Ballet Technique:
  - 1. Refining the five positions of the feet and arms, the nine body facings, and the five arabesques.
  - 2. Barre exercises: plies, tendus, degage, frappes, rond de jambe, grande battements, finishing with deep stretching at the barre.
  - 1. Center work: inclusion of more advanced steps and sequences with floor patterns and rhythmic variation.
  - 2. Adagio: focus is on presentation and expressive use of upper torso, head, and arms (port de bras), grace, and control, and includes arabesque, attitude, body facings,
  - 3. Petit and Grande allegro: including more complex enchainements that combine pirouettes, grand and beaten allegro.
  - 4. Turns: pirouette endehors and endedans, piques, chaine, balance en tournant.
- B. Conditioning methodology for dance
  - 1. Weight training and conditioning

- 2. Pilates, Bartenieff and yoga
- B. Physiology
  - a. Strength and flexibility
  - b. Stamina/endurance
  - c. Physicality and alignment
- C. Written critical analysis and viewing of ballet dances
- D. Ballet terminology, including proper pronunciation, spelling and meaning.

## **VI. A. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

- 1. Identify, analyze and critique dance as a communicative art form and a means of personal expression. (GE 1, 6, \*)
  - 2. Apply critical analysis skills of modern movement styles and structure. (\*)
  - 3. Demonstrate development of components of classical ballet technique; including execution of movement, quality, dynamics, and emotion, as well as refining the positions of the feet, arms, and body
  - 4. Apply fundamental theories and principles to a broad range of challenging movement combinations. (\*)
- (\*Embedded critical thinking)

## **B. Assessment Instruments**

- A. Small-group work
- B. Student collaboration
- C. Lecture/Discussion
- D. Instructor Demonstration
- E. Movement assignments
- F. Group and Individual Critiques

## **VII. Grade Determinants**

- A. Participation
- B. Professional class attitude
- C. Weekly assignments
- D. Technical improvement

Primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. Lecture/discussion
- B. Student collaboration
- C. Instructor Demonstration
- D. In-class and homework movement assignments

## VIII. Texts and Materials

### A. Suggested text(s):

1. The Language of Ballet A Dictionary, Thalia Mara
2. Classical Ballet Technique, Gretchen Warren.
3. Dance Kinesiology, 2nd edition, Sally Fitt, Schirmer Books, 1966.

- B. Appropriate dance rehearsal clothes, such as leotards and tights, including ballet slippers.

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

## IX. Resources

- A. Video and DVD equipment
- B. Stereo system equipped with ~~cassette tape~~, digital audio input and CD
- C. Rehearsal Dance Studio, with professional floor and appointments
- D. Ballet Barres

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A