

CENTRAL WASHINGTON UNIVERSITY

The Center for Teaching and Learning

Department of Health, Human Performance and Nutrition

Physical Education 202A Ballet I

Course Information:

Title: PED 202A (2) credits
Days & Time: 1:00-2:50pm T/R
Location of Class: Nicholson Pavilion Dance Studio (NP 106)

Faculty Information:

Instructor: Therese Young
Office Hours: M/W 11-12 T/TH 10-11 F-11-12

Office Phone: 963-1937
Email: youngth@cwu.edu

Course Description: *This is a beginning technique class in classical ballet, including barre, center work, and baric enchainments (center combinations).*

. This class experience will contribute to students meeting the following CWU and State standards:

CWU Center for Teaching and Learning

CTL.1.1 STANDARD: Candidates demonstrate subject matter knowledge in areas of endorsement
CTL.1.2 STANDARD: Candidates demonstrate a thorough understanding of pedagogical content knowledge
CTL.1.3 STANDARD: Candidates demonstrate a thorough understanding of professional and pedagogical knowledge and skills
CTL.1.4 STANDARD: Candidates reflect dispositions expected of professional educators
CTL.1.5 STANDARD: Candidates demonstrate a positive impact on student learning.

Washington State Dance Standards

S1.1 defines the basic concepts and vocabulary of dance.

S3.1 demonstrates use of movement elements, expressive qualities, and technical proficiency in performing dance.

K3.2 understands basic principles of anatomy, nutrition, kinesiology, movement analysis, and injury prevention.

Learner Outcomes

Assessment Outcome

Define Ballet I French Terminology (both orally and in written format).

Students will identify correct terminology in written tests.

Apply the principles of correct ballet technique.

Students will demonstrate correct technique in skill tests and classroom

exercises and combinations.

Demonstrate good alignment and body mechanics.

Students will be able to point out errors in body mechanics as related to dance and analyze the needed correction

Course Content:

Barre work: beginning ballet barre exercises, center work, and basic enchainments (center combinations).

Center work: including positions of the arms, feet, head, positions of the body, poses, adage (a series of slow movements) and allegro work (quick movements designed to develop speed), including jumps, connecting movements, turns, leaps, and combinations of all.

Learning Experience/Instructional Methods and Activities

- active participation in the dance technique class
- written and/or skill tests on terminology and concepts
- required Readings in Test and Resources
- mid-term vocabulary test
- final skill and written test
- peer and/or self-evaluation

Text: Ballet Basics, by Sandra Hammond. Mayfield Publishing Company, Mountain View, California, 2000.

Class Attendance: Attendance in all classes is expected and will be incorporated into the final grade for the class. Roll will be taken daily. Absences may be excused with a doctor's note, hospital documentation, attendance at a mandatory school function with prior notice from the supervising faculty member, or instructor's discretion for extenuating circumstances. After two absences your grade will drop and continue to drop with any additional absences.

Daily Class Participation: To be considered in attendance, students are expected to dress appropriately for activity, be in class on time and participate productively until the class is officially ended. Students are also expected to listen and follow instructions, demonstrate a positive attitude about learning, and demonstrate social skills appropriate to the activity. Failure to carry out these expectations will result in an absence.

Grading: Final grades will be based on:

- a) Daily class participation and progress.....60%
- b) Written quiz on concepts and terminology....20%
- c) Final exam.....20%

General Information:

For classes where lockers are appropriate, the student may sign up for a locker with the attendant in the women's or men's locker room. The student must provide his/her own combination lock.

Students are responsible for their own valuables (cell phones, jewelry, purses, etc). It is strongly recommended that students not bring them into class.

Special Requirements:

No gum No dangling jewelry No hats

Special Clothing Requirement:

Women: Leotards (solid colors), tights, leg warmers or dance skirts.

Men: Leotards or snug t-shirts, a dance belt, tights or jazz pants.

Special footwear requirements: Ballet shoes are recommended for all students. Dance catalogs are available for ordering supplies, or information is available for local suppliers.

Hair must be worn up if long.

Safety Policies:

Safety rules specific to this activity include:

Attention to correct technique and body alignment is required throughout the class sessions.

Do not attempt ballistic movements, such as jumps or leaps, until the muscles are warmed-up.

Do not attempt intense stretches, such as splits, until the warm-up is completed and then only if personal flexibility permits.

Do not wear footed tights, socks or slippery shoes on the dance floor.

All injuries must be reported to the instructor immediately.

Campus police shall transport injured students needing professional medical attention to the appropriate medical facility.

For serious injuries an ambulance will be called with the consent of the victim or implied consent is given if the victim is unconscious.