

Beginning – Intermediate Ballet

HPW*226*01 / THTR*200J*01

Tues/Thur 5:30 – 6:45pm PAYNE DANC

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Office hours by appointment

This syllabus is subject to change.

Course Description

This course is taught as a beginning and intermediate level ballet class. The course provides hands-on experience in barre, across-the-floor, and center floor work. Emphasis on understanding ballet terminology, improving alignment and posture, and increasing strength, body awareness, flexibility, musicality, and artistic interpretation. The course will also include an introduction to some other topics related to ballet study. This course may be repeated.

Course Goals

This class is a foundation course, which means there's a lot to learn and master. By the end of the semester, you will –

- Increase body awareness and health
- Demonstrate increased strength, balance, flexibility, coordination, movement memorization, spatial awareness, and confidence in execution of ballet movement
- Have a strong understanding of French terminology for exercises
- Develop creative problem-solving and critical-thinking skills through movement
- Develop artistic interpretation of classical movements
- Increase awareness of dance in our community
- Improve skills for viewing, analyzing, and describing dance movement critically and analytically as an educated audience member
- Learn basic dance vocabulary
- Understand foundational concepts of anatomy, kinesiology, and physical wellness as they relate to dance

These objectives will be met through practice and discussion in class, individual and group work, outside readings, formal and informal written assignments, exams, live concert attendance, filmed progress evaluation, and informal performance (in-class showings). Student learning will be assessed based on commitment to active in-class participation, effort, and exploration, and also via traditional evaluation methods such as quality and accuracy of work on assignments and tests. This is a graded course for liberal education credit, and students should expect academic homework and standards.

Pre-requisites

There is no course pre-requisite or prior dance experience expected. An open mind, a willingness to try new things, and respect for others' contributions and differences *are* required. We may have varied levels within the class; please use that opportunity to model for and learn from one another.

Materials

There is currently not a required text for this course. Throughout the term, you will be given handouts with information and images to support in-class activities and lessons. Please bring a 3-ring binder to class each day so you may collect these materials and refer to them throughout the semester (they will also be useful as review for the written exams). You will also need to keep a journal throughout the course (format of your choosing).

Supplies:

- 3-ring binder
- Notebook/Journal
- Ballet shoes (color of your choice; pink is traditional for women, black is traditional for men)
- Dance clothing (see more information below)
- Water bottle (recommended)

If you are interested in expanding your dance knowledge and experience in this course, I do strongly recommend a supplemental text. It is *The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet* by Eliza Gaynor Minden. This book includes a vocabulary glossary, descriptions and photographs of correct execution of movement, and other valuable information for learning the foundations of ballet.

Grading

Your grade is determined by the number of points you earn by attending and participating in class and completing exercises, quizzes, assignments, and projects.

Assignment	Points possible
Class attendance, preparation, and participation	35%
Vocabulary quizzes (2 of them)	10%
Midterm movement exam & self-assessment	10%
Live concert attendance and analysis paper	10%
Journals (3 submissions – 5% each)	15%
Final movement exam & self-assessment	10%
Final written exam	10%
TOTAL	100%

The points you earn are converted into a percentage that determines your final grade:

A: 100–93%	B: 86–83%	C: 76–73%	D: 66–63%
A-: 92–90%	B-: 82–80%	C-: 72–70%	D-: 62–60%
B+: 89–87%	C+: 79–77%	D+: 69–67%	F: 59%–below

College-Wide Learning Goals

Creative and reflective capacities is the college-wide learning goal most clearly addressed by this course. We will, however, be working toward many of the college-wide learning goals through various assignments.

Under each assignment category that follows, I have listed which of the college-wide learning goals (CWLG) the assignment addresses. They are referenced as follows:

- 1 – *Critical, analytical, and integrative thinking*
- 2 – *Creative and reflective capacities*
- 3 – *Leadership, collaboration, and teamwork*
- 4 – *Writing and other communication skills*
- 5 – *Global consciousness, social responsibility, and ethical awareness*

Assignments

Class attendance, preparation, and participation

CWLG: 1, 2, 3, 4, and 5

Class attendance is important; it is critical to the development of classical ballet technique and is an integral part of the discipline of ballet. Please come regularly, dressed and prepared to start on time. Please do not leave early. You should have necessary materials with you every day (ballet shoes, binder, paper, writing tools and a water bottle). You also need to *actively* participate in class by working hard, trying your best, and showing a respectful attitude toward yourself, other dancers, and the instructor. Please try to remain open to new movement, music, and ideas.

By attending class, arriving on time, having proper attire and materials, staying the entire time, and participating in class, you will earn 5 points per class, which will be converted into 35% of your overall grade in the class. If you are underprepared or not fully participating, you may not earn full points. One observation is allowed for illness or injury, and an observation form must be completed to receive credit. Any other observations will be counted as an absence. If prolonged injury or illness prevents you from participating, you may be asked to drop the class or take an incomplete. *Participation points for missed classes cannot be made up.*

Please note the following expectations regarding dress and decorum

- Comfortable, safe, movable “I can do anything in this” clothing
 - no tight pants, jeans, or restrictive clothing
 - avoid excessively baggy or loose over-dress, as it interferes with my ability to see your alignment (and therefore by ability to help you prevent injuries)
 - dance or yoga-type clothing is encouraged; any workout clothing is acceptable
 - *FYI: classical ballet attire is pink tights and black leotards for women, black tights and white fitted t-shirts for men. Traditional dress is not required for this level course, but it is good to know!*
- Ballet shoes every day (missing shoes = 4/5 points for under-preparedness) Long hair should be pulled back, off the face and neck (*traditional = tight, neat bun*)
- Chewing gum during class is not acceptable in ballet classes
- Excessive jewelry is not acceptable in ballet classes (small earrings, rings, or bracelets which do not interfere with movement or classical appearance are permitted)
- See me if you need information about where to purchase shoes or dance clothing

Please Notify me IMMEDIATELY of any injury or emergency. We do have a first aid kit and need to attend to any and all injuries promptly for the safety of everyone involved.

Journals

CWLG: 1, 2,, 4, and 5

Once a week, you will need to write an entry in your class journal. The purpose of the journals is to create a forum for you to reflect on your learning, make goals, record class information, and recognize your process. Journals will be collected three times during the semester (approximately every 4 – 5 weeks). I will give you more information on journals in a separate document.

Movement Exams

CWLG: 1, 2, 3 & 4

We will have a practical midterm and final. These movement exams will be a combination of exercises learned and practiced in clas.. Exams will be video-taped, and you will be expected to watch and self-evaluate them. Video is an invaluable tool for helping dancers see themselves, recognize strengths and weaknesses, and make goals for improvement.

Written final and quizzes

CWLG: 1, 2, & 4

We will have a final exams which will be a comprehensive review based on readings, class discussions, and lessons. It is 10% of your grade. We will also have two vocabulary quizzes (another 10% of your overall grade). We will have a review before the quizzes and exam. You may have the opportunity to earn bonus points on these tests.

Live concert attendance and analysis paper

CWLG: 1, 2, 4, and 5

For this course, you will be required to see one professional or university-level dance concert and write an analysis paper on it. The purposes of this assignment are to improve your ability to critically analyze dance performance and choreography, improve your skills for discussing dance, and build your aptitudes as an educated audience member. ****Your live performance paper is due within ONE WEEK of when you see a live performance, and NO LATER THAN Nov. 29!** You must turn this paper in as a hardcopy to me in class, with the rubric and a ticket stub attached. I STRONGLY RECOMMEND including this paper in your e-portfolio. MUCH More information will be provided later.

Class Policies

Attendance and decorum

You need to come to class; dance is a performance art that requires your physical body, so that physical body must be present and engaged. Full participation points are given for full, *active* participation and preparation. Please follow the aforementioned guidelines regarding dress and decorum.

Late work

Late work is not accepted. All assignments must be turned in on the due date to receive credit. **If you are absent the day a hardcopy assignment is due (such as journals or paper), you are still responsible for the assignment.** You should email it to me as an attachment in .doc or .pdf format, or paste it into the body of the email by the due date/time.

Electronics

Please avoid use of cell phones, laptop computers, and other electronic devices in class. They split your attention, distract others, and change your movement; they are not necessary for note-taking due to the nature of class work. If you have an emergency which requires you to have access to your phone during class, discuss it with me before class.

Academic honesty

You are expected to be honest in all your work. If you copy another person's work, share your work with another person to copy, or in any way try to take credit for work you didn't do (plagiarism), you will receive a zero grade on the assigned work and may receive a failing grade for the entire class or disciplinary action from the College. *Please refer to the Academic Catalog or the Student Handbook for the College's statement on academic honesty.*

Student athletes

Please be sure to let me know if you are a student athlete and anticipate missing class due to your athletic travel schedule. This will also need to be verified via a coach's or athletic department letter.

ADA policy

If you have a disability for which you will need accommodations in this class, please let me know or have the Disabilities Services program contact me as soon as possible. You will be required to provide documentation of your disability to the Disabilities Services programs in the START Center in Carleson Hall at 801.832.2280. All disability information will remain confidential.