

Central Washington University
College of Education and Professional Studies
Department of Physical Education, School and Public Health

**Course Syllabus: PED 206 Ballet II, Level 3
Spring 2014**

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Office Hours: By appointment
Class Location: Nicholson Pavilion
Dance Studio (NP 106)
Class Times: M/W 1:00 – 2:50 P.M.

Course Description/Content: This course is a continuation of PED 205 (Ballet II Level 2), a study in the intermediate/advanced year of classical ballet technique. This course will emphasize ballet dance skill and vocabulary, expression, and musicality. This class will primarily focus on classical ballet taught in the Russian and Cecchetti styles.

The class periods will include a warm-up at the barre, centerwork and movement across the floor. The movements taught in this class are designed to give students the proper alignment, strength, balance and flexibility for intermediate/advanced ballet dance class work.

Course Objectives:

- To further develop proper body alignment and mechanics as required in ballet technique.
- To develop and understand ballet dance skills and vocabulary.
- To create a clearer sense of efficient body usage and spatial direction.
- To demonstrate awareness of focus as it pertains to performance quality.

Learner Outcomes	Assessment Outcomes
Define Ballet II French terminology (both orally and in written format).	Students will identify correct terminology in written tests and movement exams.
Apply the principals of correct Ballet II technique.	Students will demonstrate correct technique in skill tests and classroom exercises and combinations.
Demonstrate good body alignment and mechanics, and refine technical skills.	Students will be able to point out errors in body alignment and mechanics, and analyze the needed correction.
Demonstrate performance quality center work.	Students will critically self-assess/peer-assess performance quality combinations in small groups.

Text: *Ballet: Beyond the Basics* by Sandra Noll Hammond.

Additional Texts (Optional):

Technical Manual and Dictionary of Classical Ballet by Gail Grant.

Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class by Valerie Grieg

CWU Center for Teaching and Learning:

CTL.1.1.1	Demonstrate competency in reading, writing, speaking, critical thinking and calculating as a means of achieving knowledge, making decisions, solving problems, and perceiving possibilities.
CTL.1.2.1	Understands the integration of subject specialization and pedagogical knowledge, such as taking into account the diverse needs and perspectives of students, when representing and organizing material for teaching.
V: 1(ii)	Integrating subjects across content areas to elicit interdisciplinary forms of reasoning from students, and integrating subject matter across the content areas of reading, mathematical, scientific, and aesthetic reasoning.

Washington State Dance Standards:

1.B	Understands and applies basic principles of anatomy, nutrition, kinesiology, movement analysis, and injury prevention. <i>(I think we should add this one!)</i>
1.C	Understands and demonstrates principles of organizing movement.
1.D	Understands and explains how the body and mind are components of kinesthetic intelligence.
1.G	Defines and demonstrates the basic concepts and vocabulary of dance.
2.J	Demonstrates use of expressive qualities, movement elements, and technical proficiency in creating and performing dance.
2.K	Analyzes and critiques dance using the basic concepts and vocabulary of dance.

Dance Teaching Endorsement Requirement: Admission to and continuation in the Dance Endorsement Program requires that you purchase LiveText. You must present “proof of purchase to the Certification Office in Black 228. The Final Project is the artifact that must be posted by students on LiveText as a requirement in the assessment of your dance endorsement program. Posting of final grades will be delayed until individual artifacts have been posted on LiveText accounts.

Dress Code: Hair must be kept away from the face. *Long hair is expected to be worn in a bun, or other classical dance style. Street clothes are not allowed.*

- No dangling jewelry (earrings, necklaces, bracelets, etc.)
- No hats

- No baggy clothing! Warm-up clothing (sweatshirts, legwarmers, etc.) will be permitted on cold days through the second combination at the barre.

Ladies: Leotards are **required**, “bike” shorts, tights, leggings, ballet slippers. NO skirts!

Gentlemen: Dance belts are **required**, leotards, fitted t-shirts, tights, shorts no longer than mid-thigh, ballet slippers.

*If you have any questions, or are unsure if something is acceptable, please ask before wearing it to class. Clothing requirements are part of your participation grade.

Classroom Etiquette (goes toward participation grade):

- No gum chewing, or eating during class.
- Wait to get water until the break between barre and center.
- Do not sit during class.
- Be respectful of the instructor and other students.
- The ballet barre is your partner-in-training and should not be leaned on.
- Actively listen to, and try to apply, the corrections given to others.
- If you have a question or comment that is not directly related to classwork being covered, hold it until after class.
- Quickly and quietly inform the instructor (between combinations) if you need to sit down/leave the room (i.e. you are feeling light-headed, are injured, need to use the restroom, etc.).
- If you are late, *hurry to get in place*.

Attendance and Participation: Class attendance and participation is **absolutely mandatory** and will be incorporated into the final grade. Roll will be taken daily. Students are required to attend every session on time and ready to work. Students who are more than 10 minutes late to class may not join the class once exercises have begun. Excessive lateness will result in an absence. Absences are only 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 one absence your grade will drop and continue to drop with any additional absences. *You cannot make up unexcused absences.*

To be considered in attendance, students are expected to dress appropriately for the 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.

Observations: If you need to observe a class due to injury or illness, you must hand in an observation paper for that day at the end of class, or you will be marked

absent. At the beginning of class, the instructor will determine the topic of your written observation. Excessive observation days will impact your participation grade.

Injury: If you think you are injured during class, stop dancing immediately and bring it to the attention of the instructor.

Cell Phone Policy: Absolutely no cell phone use during class time. Be sure your phones (or other noise making devices) are powered off, or silenced before class begins.

Participation based on attendance shall be graded as follows:

0-1 absences	A
2 absences	A-
3 absences	B+
4 absences	B
5 absences	C
6 or more	F

Writing Assignment: More information on this assignment will be given in class.

Written Quiz: Written quiz(es) on ballet vocabulary, definitions, spelling and concepts will be given during this course.

Skill/Movement Exam: In class evaluation and movement exams will be conducted during the course. This will consist of recording on video at least one movement combination, to be self-evaluated, as well as analyzed by the instructor.

Final Grade Evaluation:

- 40% Daily Attendance
- 30% Daily Participation and Etiquette
- 5% Writing Assignment
- 10% Written Quizzes
- 15% Movement Exams

"Students with disabilities who wish to set up academic adjustments in this class should give me a copy of their "Confirmation of Eligibility for Academic Adjustments" from the Disability Support Services office as soon as possible, so we can meet to discuss how the approved adjustments will be implemented in this class. Students with disabilities without this form should contact the Disability Support Services Office, Bouillon 205 or dssrecept@cwu.edu or 963-1202 immediately."