

# DANS-134B: BALLET II

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## Justification for this inactivation request

Course has not been offered in over three years.

## Effective Term

Fall 2026

## CC Approval

10/03/2025

## AS Approval

10/09/2025

## BOT Approval

10/16/2025

## COCI Approval

02/23/2026

## SECTION A - Course Data Elements

### CB04 Credit Status

Credit - Degree Applicable

### Discipline

| Minimum Qualifications  | And/Or |
|-------------------------|--------|
| Dance (Master's Degree) |        |

### Subject Code

DANS - Dance

### Course Number

134B

### Department

Dance

### Division

KINE

### Full Course Title

Ballet II

### Short Title

Ballet II

### CB03 TOP Code

1008.00 - Dance

### CB08 Basic Skills Status

NBS - Not Basic Skills

### CB09 SAM Code

E - Non-Occupational

## SECTION B - Course Description

### Catalog Course Description

The Level II Ballet course utilizes and builds on the technique, vocabulary, structure and historical information from the Ballet Basics course. Students will continue to accrue technique and increase their ballet vocabulary and learn level one combinations at the barre, in center floor, and in traveling combinations.

### SECTION C - Conditions on Enrollment

**Open Entry/Open Exit**

No

**Repeatability**

Not Repeatable

**Grading Options**

Letter Grade or Pass/No Pass

**Allow Audit**

Yes

### Requisites

**Advisory Prerequisite(s)**

Previous Basic ballet experience

### SECTION D - Course Standards

**Is this course variable unit?**

Yes

**Units**

1.00000

**Units Maximum**

1.50000

**Activity Hours**

36.00

**Activity Hours Maximum**

54

**Outside of Class Hours**

18

**Outside of Class Hours Maximum**

27

**Total Contact Hours**

36

**Total Contact Hours Maximum**

54

**Total Student Hours**

54

**Total Student Hours Maximum**

81

### Distance Education Approval

**Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

| DE Modalities   | Permanent or Emergency Only? |
|-----------------|------------------------------|
| Entirely Online | Permanent                    |
| Hybrid          | Permanent                    |

## SECTION E - Course Content

### Student Learning Outcomes

| Upon satisfactory completion of the course, students will be able to: |  |
|---|--|
| 1.  | Demonstrate knowledge of dance technique to safely participate in dance activity/genre.                          |
| 2.  | Understand basic principles of anatomy, physiology, and / or biomechanics that apply to dance activity / genre.  |
| 3.  | Value the psychological and sociological concepts that apply to dance genre.                                     |
| 4.  | Apply knowledge of health and wellness to develop and informed, personal approach to mental and physical health. |

### Course Objectives

| Upon satisfactory completion of the course, students will be able to: |   |
|---|---|
| 1.  | Perform basic Ballet barre technique in first, third and fifth position and accumulate begging level technique / vocabulary including but not limited to: Rond de Jambe, coupe', passe', pas de bourrée', temps lié', fondu, glissade, pirouette and jete'. |
| 2.  | Incorporate proper basic arm positions (port de bras) in barre, center, progressions and dance combinations.  |
| 3.  | Demonstrate articulation of the pointed foot during a terre', en l'air and in transitional level I and II movement.   |
| 4.  | Incorporate proper torso, neck and leg (turn-out/rotation) alignment into technique.  |
| 5.  | Progress to level III Ballet class.   |

### Course Content

1. Key Ballet terminology / vocabulary.
2. Continuation of Ballet History from basic origins to stylistic evolution.
3. Ballet technique
  - a. Barre in 1st, 5th and 3rd position
    - i. grand plie' and demi plie'
    - ii. tendu', tendu' degage', frappe'
    - iii. grand battement and attitude and en cloche
    - iv. rond de jambe a terre and en l'air
    - v. developpe'
    - vi. demi-point releve', detourne, pas de bourre'
    - vii. beginning adagio at barre'
  - b. Center (apply basic and beginning technique)
    - i. Use of epaulement
    - ii. Comprehension of directional placement in space.
  - c. Techniques moving across the floor
    - i. glissade
    - ii. jete'
    - iii. chaine increasing speed and developing "spotting" technique.
    - iv. balance'
    - v. pas de bourrée'
    - vi. beginning pirouette
4. Level II Ballet combinations incorporating all explored techniques, rhythmic competency and beginning level performance aesthetics.

## Methods of Instruction

### Methods of Instruction

| Types                         | Examples of learning activities                             |
|-------------------------------|---|
| Activity                      | Techniques of ballet barre and center work                  |
| Critique                      | Technique or combination                                    |
| Discussion                    | Ballet history and origins                                  |
| Lecture                       | Ballet history and origins                                  |
| Observation and Demonstration | Demonstrate all activity and observe students' performance. |

**Online Adaptation**

| Types                      | Examples of learning activities |
|----------------------------|---------------------------------|
| Activity                   |                                 |
| Directed Study             |                                 |
| Discussion                 |                                 |
| Group Work                 |                                 |
| Individualized Instruction |                                 |
| Journal                    |                                 |
| Lecture                    |                                 |

**Instructor-Initiated Online Contact Types**

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

**Student-Initiated Online Contact Types**

Chat Rooms  
 Discussions  
 Group Work

**Course design is accessible**

Yes

**Methods of Evaluation****Methods of Evaluation**

| Types        | Examples of classroom assessments                                    |
|--------------|--|
| Exams/Tests  | On dance combinations or specific technique or exercise at the barre |
| Quizzes      | Ballet vocabulary or general history                                 |
| Performances | Ballet combination performance                                       |
| Other        | Final Exam -- written exam on a figure or era of ballet              |

**Assignments****Reading Assignments**

Chapter 5: "Well Turned Out".

Chapter 3: "The Stem of Aplomb".

**Writing Assignments**

View a live or recorded Ballet performance. List the technique / vocabulary that you recognize and comment on the advance level of the performers.

List and/or draw the 5 foot and arm positions.

**Outside-of-Class Assignments**

Work in pairs and demonstrate, view, critique and discuss the tendu' (en croix) center exercise.

**SECTION F - Textbooks and Instructional Materials****Material Type**

Textbook

**Author**

Grant, G.

**Title**

Technical Manual and Dictionary of Classical Ballet

**Edition/Version**

5th

**Publisher**

BN Publishing

**Year**

2016

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**SECTION G - Diversity, Equity and Inclusivity****Course Codes (Admin Only)****CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No