

DANS-134: BALLET LEVEL I

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

134

Department

Dance

Division

Kinesiology & Athletics

Full Course Title

Ballet Level I

Short Title

Ballet Level I

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 Ballet level I course introduces the first time ballet student to the history of ballet, the introductory vocabulary, foot and arm positioning, proper alignment, and basic barre, center and locomotor ballet movements.

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

SECTION D - Course Standards

Is this course variable unit?

Yes

Units

1.00

Units Maximum

1.50

Activity Hours

36.00

Activity Hours Maximum

54.00

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, and 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 an informed, personal approach to mental and physical health.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate five basic ballet positions of feet and arms.
2. Demonstrate proper vertical body alignment.
3. Demonstrate proper pointing of the foot.
4. Perform the barre techniques in first position including but not limited to: Demi-plie', Battement Tendu, Releve'.
5. Perform entry-level locomotor ballet movements based on walking, skipping, and one leg balance or kick (Grand Battement).
6. Perform the center floor techniques involving weight change and balance. Techniques reiterate barre techniques including but not limited to: Demi-plie', Battement Tendu, Releve'.

Course Content

1. Introduction
 - a. History of ballet
 - b. The vocabulary of ballet is French
 - c. Ballet is a classical and very disciplined form of dance
 - d. Classroom etiquette and the culture of the ballet classroom.
2. Ballet Technique (including basic biomechanics and anatomic alignment cues for safely executing movement)
 - a. Five basic foot positions
 - b. Five basic arm positions
 - c. Proper body alignment
 - d. Technique used at the barre
 - i. Plie' - (demi')
 - ii. Battement
 1. Tendu'
 2. Degage'
 - iii. Develope'
 - iv. Grand Battement
 - v. Tendu arabesque
 - vi. Releve'
 - e. Techniques used on the center floor
 - i. Port de bras
 - ii. Tendu
 - iii. Demi-plie' (stationary and transition)
 - iv. Changement
 - v. Pas de Basque
 - vi. Basic develope' as adagio preparation
 - vii. Pirouette preparation
 - f. Techniques moving across the floor
 - g. Chasse'
 - h. Chaine
 - i. Walking with epaulement
 - j. Walking adding balance work such as arabesque
3. Basic ballet combinations performed to different types of music to introduce rhythmic competency.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Basic techniques of ballet
Discussion	Instructor or student-directed discussion relating to any lecture material.
Lecture	Formal lecture on subject matter with relating textbook assignment or handout, informal or impromptu lecture arising directly from the dancing experience.
Observation and Demonstration	Instructor physically demonstrating movement patterns, dance combinations, floor, axial and locomotor exercises or techniques.
Projects	Student researches contemporary status of a dance genre utilizing library and internet resources or interview a contemporary dance artist for research. Student may also include personal dance experience as research material.

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	1. Vocabulary test on terminology. 2. Technique practical exam.
Class Participation	1. Exercise 2. Evaluation
Homework	1. reading assignments 2. practice technique
Other	Final Exam -- 1. vocabulary 2. technique 3. principles

Assignments

Reading Assignments

Students will be required to read text assignments and will be given handouts during the semester.

Example:

Technical Manual and Dictionary of Classical Ballet Text Assignments: History of Ballet

Writing Assignments

Students will be given written assignments.

Examples:

Observe the video of Swan Lake and comment on ballet technique that you recognize from class exercises.

List and describe the four major epochs of ballet history.

Outside-of-Class Assignments

Students will be expected to perform basic ballet movements to music.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Grant, Gail

Title

Technical Manual and Dictionary of Classical Ballet

Edition/Version

5th

Publisher

Dover Publications, Inc

Year

2016

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000502859

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