

Eastern Connecticut State University
Ballet I—Fall 2020 Performing Arts, DNC 251-01

Location: Fine Arts Instructional Center 219 / Zoom. Class Hours: Tuesday / Thursday 9:30-10:45am
Professor: Nichola Johnson Email: johnsonnicho@easternct.edu

Syllabus

Course Description

Ballet 1 will expose students to the beginning foundations of Ballet technique and aesthetic. Ballet I will focus on placement, alignment, proper execution, terminology, strength, and endurance. This course will reveal the connections between physical executions and theoretical teachings.

Course Objectives

Through class participation, assigned readings, research, peer/self-evaluations, choreographic exploration and discussions, students will achieve:

1. A greater understanding of Ballet terminology and mastery of beginner/intermediate technical work
2. Increased knowledge of Ballet history and progression
3. Critical awareness of body alignment, flexibility, endurance and core strength
4. Coordination and musicality demonstrated in barre work, center work, progressions and repertoire
5. Increased individual creativity through exploration of choreography and critical analysis

Learning Goals and Expectations

Theory:

1. Five positions of the feet
2. Five positions of the arms
3. Positions of the head
4. Correct Body Placement
5. Foot Articulation
6. Accurate Classical Ballet Technique
7. Seven basic movements of dance
8. Three arabesques
9. Definitions and comprehension of movement for French technical terms

Class Structure:

Each class will consist of a classical ballet barre, adagio, petite allegro, turn practice, grande allegro and reverance. Class technique structure will be interrupted to explore the trajectory of Ballet through films and class discussion.

Course Requirements:

Dress Code: Each student is required to wear dance (leotard, tights, leggings) or close-fitting yoga/workout clothes. Street Clothes are not permitted. No jewelry, belts, zippers, etc may be worn. Hair should be securely fastened off face and back in a neat orderly manner. Ballet shoes are required. No gum.

Ballet Journal: All students should keep a journal for ballet and should bring it with them to every class. Students are required to write a journal entry after EACH class, highlighting their strongest and weakest moments and their course of action for the following class. We will periodically share journal entries for discussion.

Textbook: Technical Manual and Dictionary of Classical Ballet by Gail Grant

Communication: We will communicate via email and utilize either blackboard or google classroom: TBD

Attendance

Participation is achieved during class time, which makes attendance vital. Regular class participation is the only way to develop and maintain dance technique. Absences result in poor performance, and thus are automatically reflected in course grade. Students are allowed one unexcused absence. Those students missing four or more classes cannot receive a complete grade and repeated absences under four will be reflected in a lower grade in attendance. Please note that it is always assumed that circumstances preventing a student from attending class are legitimate, however, even legitimate excuses do not substitute for work not accomplished. Contact the professor ASAP if you are unable to fulfill attendance requirements. (Please refer to “make up policy”).

Make- Up Policies

There are limited opportunities for make-up classes. Only one class may be made up. This is accomplished by taking another class approved by the professor or by observing this class (if physically well enough to come to class) and taking notes to be handed in at the end of the class (this will not substitute for full participation points for the day, a 1 point” deduction will be taken). In the event of extended illness or injury contact the professor as soon as possible. Regular class participation is the only way to develop and maintain dance technique. Tardiness and absences result in poor performance thus are reflected in course grades.

Evaluation

Participation Grade...50%

The success of a student in Ballet Class is heavily weighted on their participation in class. All students are expected to be FULLY present and participating in each class. Students will be graded on a 4 Point scale for participation each day.

*To be excused from physical participation, a note from a doctor is required. However, you will still be expected to be an active learner.

Point System:

*4 Points: Excellent attitude and physical effort. Fully prepared for class with ballet shoes and appropriate attire and ready for discussion and participation.

*3 Points: Good attitude and effort. Prepared for class, somewhat engaged in discussion or learning goals

*2 Points: Satisfactory behavior, below average effort. Not fully prepared for class (EX:

missing ballet attire/shoes)

* 1 Point: Minimal effort, not prepared for class

*0 Points: No effort made, not prepared for class, absent

Assignments/Assessments...40%

The outline below, in conjunction with your participation grade and final project will determine your grade for this class.

1. Students will be required to read provided material and be ready to discuss/interact with material and/or provide written response
2. Students will have 5 terminology/history quizzes/tests per term (Dates Attached)
3. Students will keep a journal for Ballet Class. This journal should be brought to all classes. Any notes, new concepts, discussions should be entered into this journal and students should write a separate journal entry after each class, summarizing the experience in class that day, material learned, future goals, moments of challenge, moments of growth, documentation of corrections given, ideas/concepts that resonated, etc... In addition to summary entries, students will be given specific journal assignments that must be completed. We will periodically share journal entries for discussion
4. Peer Projects/Evaluations

Required Performances/Events:

Students will be required to view a professional ballet (online) either at your, or the professor's discretion, and write a one-page typed response paper due the class immediately following the viewing.

Final Project

Research and Practicum. Details to follow...10%

Accommodations for Students with Disabilities

Eastern Connecticut State University is committed to following the requirements of the Americans with Disabilities Act (ADA) of 1990, the ADA Amendment Act of 2008, and Section 504 of the Rehabilitation Act of 1973, as amended in 1998. If you are a student with a disability (or think you might have a disability) and require accommodations or assistance evacuating a building in the case of an emergency, please contact the Office of AccessAbility Services (OAS) at 860-465-0189 to discuss your request further. Please note that accommodations are not retroactive and must be communicated through a Letter of Accommodation, which is drafted by the OAS.

Academic Integrity and Principles of Community

Students should read and understand Eastern's Academic Misconduct Policy, which can be found in the Eastern Student Handbook at <http://ecsusvkb2.easternct.edu/index.php?View=entry&EntryID=307>

Students are expected to take personal responsibility for their intellectual work and to respect and acknowledge the ideas of others. Academic honesty means doing one's own work and giving proper credit to others whose work and thought are drawn upon. It is the responsibility of each student to become familiar with what constitutes academic dishonesty and plagiarism, and to avoid all forms of cheating and plagiarism. Students may not engage in any form of academic misconduct, and are

responsible for learning how to present the ideas of others in their own work, and avoid all other forms of academic misconduct. For current documentation practices, consult the instructor or a style manual (e.g., APA, MLA). All violations will be handled under the procedures established in the Academic Misconduct Policy.

Syllabus Statement on Mask Wearing During COVID-19 Pandemic:

Maintaining a safe and healthy campus is only possible if every member of the campus community follows the rules. Therefore, Eastern is requiring that all students and faculty wear a face mask that fully covers the nose and mouth but should not have a valve or vent to expel respiration, whenever they are on campus. This includes whenever an individual is in a classroom or classroom building. Face shields can only be worn with an appropriate face mask. Students who refuse to wear a mask in class can be referred to the Office of Student Conduct. This protocol complies the safety standards established by the CDC and the Connecticut Department of Public Health and is included in the Student Code of Conduct.

Week 1: Meet and Greet all on Zoom

Week 2:

9/1 Cohort A in Class / Cohort B Complete Commitment Letter and post to google classroom

9/3 Cohort B in Class / Cohort A Complete Commitment Letter and post to google classroom

In-Class:

Ballet Technique: Placement and Articulation

Ballet Terminology #1 given in class.

HW: Read "How to Execute a Plie' Properly and Get the Most Out of It" and "The Perfect Tendu". Study for Quiz 1

Distance Learning:

Commitment Letter. Create a one-page document to yourself stating your commitment to the ballet learning process this semester. Include: goals, specific ways to make ballet part of your everyday, words of encouragement, words of motivation, and a promise to not give up or give in. Due during class time on the day your cohort is not physically meeting in class

Week 3:

9/8 Cohort A in Class / Cohort B on Zoom

9/10 Cohort B in Class / Cohort A on Zoom

In Class and on Zoom: Ballet Technique - Placement, Alignment, Rotation of the Body. Foot Articulation.

HW: Read A Brief History of Ballet

Ballet Terminology Quiz 1: Take quiz while physically in class (practice quiz for zoom cohort)

Ballet Terminology #2 given

Week 4:

9/15 Cohort A in Class / Cohort B on Zoom

9/17 Cohort B in Class / Cohort A on Zoom

“The Evolution of Ballet” with Darcy Bussell.

Ballet Technique Class: Barre work and Adage

HW: Structured journal entry: reflect on the last three weeks and map your journey thus far. Take a picture and upload to google classroom – Due September 21 by 11:59pm

Week 5:

9/22 Cohort A in Class / Cohort B on Zoom

9/24 Cohort B in Class / Cohort A on Zoom

Ballet Terminology Quiz 2: Take quiz while physically in class (practice quiz for zoom cohort)

Ballet Technique Class: Barre, Adage, Petite Allegro

Week 6:

9/27 Cohort A in Class / Cohort B on Zoom

9/29 Cohort B in Class / Cohort A on Zoom

Ballet Terminology #3 Given.

Film: “The Ballet Russes”.

HW: Give a brief synopsis of the film, highlighting the turning points and developmental shifts in the evolution of ballet.

Week 7:

10/6 Cohort A in Class / Cohort B on Zoom

10/8 Cohort B in Class / Cohort A on Zoom

Ballet Terminology Quiz #3: Take quiz while physically in class (practice quiz for zoom cohort)

Ballet Technique Class: Barre, Center work, Phrasing.

Week 8:

10/13 Cohort A in Class / Cohort B on Zoom

10/15 Cohort B in Class / Cohort A on Zoom

Ballet Terminology # 4 given

Ballet Technique Class: Barre, Center work, Phrasing

Week 9:

10/20 Cohort A in Class / Cohort B on Zoom

10/22 Cohort B in Class / Cohort A on Zoom

Film: “Coppelia”.

HW: Write a summary of the ballet, "Coppelia" and answer the following questions: 1. What are the dominant themes? 2. Describe the main characters. 3. What was the most memorable section of the ballet? Why? 4. Which part of the ballet did you enjoy the least? Why? 5. What role would you want to play? Why? Due 10/26 by 11:59pm
Final Project Assigned: Research Presentation

Week 10:

10/27 Cohort A in Class / Cohort B on Zoom
10/29 Cohort B in Class / Cohort A on Zoom

Ballet Technique Class: Barre, Center work, Phrasing.
Ballet Terminology Quiz #4: Take quiz while physically in class (practice quiz for zoom cohort)
HW: Read "Rehearse, Ice Feet, Repeat: The life of a NYCB Corps Dancer" and write a response.
Due: 11/2 by 11:59pm

Week 11:

11/3 Cohort A in Class / Cohort B on Zoom
11/5 Cohort B in Class / Cohort A on Zoom

Ballet Technique Class: Barre, Center work, Phrasing

Week 12:

11/10 Cohort A in Class / Cohort B on Zoom
11/12 Cohort B in Class / Cohort A on Zoom

Ballet Technique Class: Barre, Center work, Phrasing.
HW: Read "A dancer dies twice" and write a response for 11/13

Weeks 13-15 / Finals: TBD – Final Project Presentations