

# Ballet

## Syllabus

### Ballet Technique PE 460

Rick Crawford

Office Hours in E9-120 Mondays and Wednesdays 10:30–12:00 or by appointment  
323-265-8945

[www.rickcrawford.net](http://www.rickcrawford.net)

#### Course Description:

This Dance class is an beginning-level technique and conditioning class which will give all students the opportunity relative to their individual abilities to learn, understand, practice, and develop technical skills in ballet dance, [traditional French movement terms](#), neuromuscular coordination, and kinesthetic sense. The natural structure of this dance class will also develop the five components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

#### Course Objective:

Through the use of various technique development exercises typical in a ballet class, students will actively participate in the variable combination of movements.

#### Student Learning Outcomes:

Based on a Rubric scale of 1–4. Level 1 beginning, level 2 beginning/intermediate, level 3 intermediate, level 4 advanced based on the following categories: Core Awareness, Position Accuracy, Breathing, Practice, Concentration, Effort, Attention in Class. Students are expected to reach at least level 3 during this class.

#### Course Requirements:

Prompt attendance. Attendance will be taken at 5 after the hour. Class will begin with a warm-up at 10 after. No one is permitted to join class late after warm-up has begun. Serious injury may occur without a proper warm-up before strenuous movement.

Dance shoes are required with a non-scuffing sole. The effectiveness of your shoes will be evaluated. Lower limb injury can occur without the use of proper footwear. It is understood that shoes used on the special dance floor are not worn outside. Your shoes will be evaluated for use in this class. If shoes are to be purchased, non-scuff fitness/dance shoes are required. **You will not be permitted to participate in class with inappropriate footwear.** It is recommended to dress in layers of sweats and fitness/active wear. Periods of hot and cold could arise. One should be prepared to take off/put on layers of clothing throughout the class. It is recommended to bring a Sports-container of water and a towel.

Sections of class and a combination will be taught each day. Each week students' relative technique and performance skills will be evaluated.

**Adjust your schedule for *Visions of Dance 2010* Thursday, May 20th, 8:00pm at San Gabriel Mission Playhouse. We will talk about this.**

- A final exam will be given consisting of the performance of set warm-up and technique exercises and previously taught combinations in groups not less than 6 students at **the college designated final time and date depending on your class.**
- **The viewing schedule is as follows, with all dates indicating Monday**
- **"The Week Of":**

Week 4	Week 7	Week 12	Final
Warm up	Combo 2	Combo 3	<b>performance</b>
Combo 1			<b>written work</b>
	Midterm		
	<b>!Before Break!</b>		
<b>3/1/2010</b>	<b>3/22/2010</b>	<b>4/26/2010</b>	<b>6/1/2010</b>

[crawfor@elac.edu](mailto:crawfor@elac.edu)

Tommy

# Ballet

## Additional Information

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### Evaluation Criteria

#### Scale: 100pts.

90–100=A 80–89=B 70–79=C 60–69=D Below 59=F  
Participation (20), Viewings (20), Technique (20), Etiquette (15)=75 points  
Midterm=10 points  
Final= 15 points

#### Additional Information:

1. Students may not make-up attendance.
2. Grades may not be based on attendance, but rather on participation.
3. Students may make-up participation in another class; have professor sign form, or speak with professor.
4. Three tardies equals one absence. Speak with Mr. Crawford after class if tardy.
5. Each absence affects your grade since you may not participate if you are not present.
6. Three hours of absence lowers your grade one time.
7. Assigned work must be turned in on time for full credit.
8. Students must attend the final. The value of the final is deducted from your grade; an absence is accrued if not, and all calculations are affected; your grade **will** be a "D" or "F."
9. The only excused absence or tardy is a written excuse from your doctor, or campus official.
  - a. Students must attend class sessions and "Watch" with an extended Dr's release.
  - b. Grade will be affected by extended non-attendance in all cases.
10. Any extra-credit situation for missed work must be discussed with Mr. Crawford.
11. Extra-credit opportunities include: 1. attendance of on-campus dance events (or other events as announced, discussed, and approved by Mr. Crawford) with a one page, typed critique, ticket stub attached; or, 2. A two-page, typed critique of a dance or fitness-related article from a newspaper or magazine, copy of the article attached.
12. Each student is granted three written extra credit situations, five points each, fifteen points total for the semester.
13. Students may know their attendance status at anytime by asking Mr. Crawford.
14. Grades are computerized, and students may know their grade status during office hours, or by appointment.

If you need help paying for books and other college expenses,  
call the Financial Aid Office at (323) 265-8738  
or see them in Bungalow C2-3  
South Gate Office (323) 357-1704  
Express Office (323) 267-3711

<http://www.elac.edu/admission/finaid>

#### Student Learning Outcomes

1. Students will demonstrate a marked improvement in flexibility throughout the semester. They will recognize the importance and value of preparing and conditioning their body for dance.
2. Students will interpret, rehearse and demonstrate the mastery of combinations of specific movement exercises delivered throughout the semester. They will articulate an understanding of the five major components of dance through skilled performance of the developed exercises, and they will be able to apply the five components to any future dance learning experience.
3. By the end of this course, students will identify and articulate an understanding of terminology directly related to this type of dance technique, and they will recognize the qualities as related to the five components which make this type of dance technique uniquely different from other types.

Tommy