

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**ELEMENTARY BALLET**  
**PHED 1110**

**Class Hours: 0.0**

**Credit Hours: 2.0**

**Laboratory Hours: 3.0**

**Date Revised: Fall  
2002**

**Catalog Course Description:**

Instruction and practice in elementary classical ballet techniques.

**Entry Level Standards:**

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

**Prerequisites:**

None

**Textbook(s) and Other Course Materials:**

Hammond, Sandra Noll. *Ballet Basics*. 4th ed. Mountain View, CA: Mayfield, 2001.

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Topic</b>
1	Intro. to classical ballet; posture and body alignment; standing at barre and in center; what to expect each class meeting
2	Cecchetti class: 5 positions of arms and legs; plie, tendu, port de bras, degage, and so on
3	Basic barre, center and diagonal
4	Basic barre, center and diagonal
5	Basic barre, center and diagonal
6	Cecchetti class; discussion of Ballet History
7	Cecchetti class and skill test
8	Cecchetti class
9	Cecchetti class; discussion of Ballet Profession
10	Cecchetti class

- 11 Cecchetti class; discussion of Ballet Body
- 12 Cecchetti class and skill test
- 13 Cecchetti class
- 14 Cecchetti class and review/share notebooks
- 15 Final skill test
- 16 Written final exam during exam week

## II. Course Objectives\*:

- A. Demonstrate knowledge of and engage in warm-up and cool-down dance activities. I,II
- B. Demonstrate knowledge of dance etiquette, injury care, and safety while training for dance. I,III
- C. Demonstrate knowledge of dance/fitness terminology. I,III
- D. Formulate dance/fitness program.I,III
- E. Evaluate and correct errors in dance movements. I,III
- F. Demonstrate knowledge of dance equipment. I,III
- G. Demonstrate and employ knowledge of healthy eating habits for nutrition. I, III
- H. Maintain dance journal/notebook. I,III
- I. Demonstrate knowledge of body composition, cardiovascular fitness, strength, and flexibility. I,III
- J. Engage in flexibility activities. I,III
- K. Engage in muscular strength activities. I,III
- L. Engage in cardiovascular activities. I,III
- M. Demonstrate knowledge of and engage in activities that factor into improving and maintaining a healthy body composition. I,III

\*Roman numerals after course objectives reference goals of the university parallel program.

## III. Instructional Processes\*:

Students will:

- 1. Listen to and participate in lecture and discussions regarding factual information relevant to dance fitness and wellness. *Communication Outcome, Information Literacy Outcome, Active Learning Strategy*
- 2. Read and demonstrate knowledge of the health-related components of dance. *Communication Outcome, Information Literacy Outcome*
- 3. Analyze, evaluate, and modify behavior to improve personal health and wellness. *Personal*

*Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy*

4. Develop lifestyle strategies which enhance physical fitness and wellness. *Problem Solving and Decision Making Outcome*
5. Appreciate the intrinsic value of dance fitness as an element of a lifetime commitment to physical fitness and wellness. *Transitional Strategy, Personal Development Outcome*

\*Strategies and outcomes listed after instructional processes reference Pellissippi State's goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

**IV. Expectations for Student Performance\*:**

Upon successful completion of this course, the student should be able to:

1. Understand medical considerations before embarking on a dance program. B
2. Demonstrate knowledge of and engage in effective warm-up activities. A,B,C,D,J
3. Demonstrate knowledge of and engage in effective cool-down activities. A,B,C,D,J
4. Wear proper clothing and footwear for a safe dance class. B
5. Describe the cardiovascular benefits of a dance class. I,L
6. Describe the metabolic benefits of dance. I,L
7. Describe the psychological benefits of dance. I,L
8. Define muscular strength, understand why it is a health related component of fitness, and engage in strength exercises as part of dance. K
9. Define flexibility, understand why it is a health related component of fitness, and engage in flexibility exercises as part of dance. J
10. Demonstrate knowledge of and engage in a variety of different stretching methods. B,E,J
11. Describe how to stretch safely. B,E,F,J
12. Demonstrate knowledge of physical activity, fitness, and disease prevention and treatment. M
13. Describe the RICE acronym to remember first aid treatment. B
14. Demonstrate knowledge of the function and importance of protein in a balanced, nutritional diet. G,M
15. Demonstrate knowledge of the function and importance of fat in a balanced, nutritional diet. G,M
16. Demonstrate knowledge of the function and importance of carbohydrates in a balanced, nutritional diet. G,M

17. Demonstrate knowledge of the function and importance of water in a balanced, nutritional diet. G,M
18. Demonstrate knowledge of the function and importance of vitamins in a balanced, nutritional diet. G,M
19. Employ the food guide pyramid in developing a healthy eating plan. D,G,I,M

\*Letters after performance expectations reference the course objectives listed above.

#### **V. Evaluation:**

##### A. Testing Procedures: 40% of grade

Written Quizzes 20 pts.  
Written Final 10 pts.  
Notebook 10 pts.

##### B. Laboratory Expectations:

N/A

##### C. Field Work: 60% of grade

Skill Tests and Choreographic Assignments 40 pts.  
Participation 20 pts.

##### D. Other Evaluation Methods:

N/A

##### E. Grading Scale:

90 - 100 = A  
88 - 89 = B+  
80 - 87 = B  
78 - 79 = C+  
70 - 77 = C  
60 - 69 = D

#### **VI. Policies:**

##### A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

##### B. Other Policies:

Make-up Policy:

1. After one week, students will not be allowed to make up written exams.
2. With documentation, students will be allowed to make up absences by attending other dance classes offered at Pellissippi State. Arrangements must be discussed with both instructors.

Injury Policy:

1. Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This policy applies to all injuries.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.