

## SYLLABUS

<b>TITLE:</b>	Classical Technique: Basic Level I
<b>CODE:</b>	DAN 101
<b>PREREQUISITE</b>	N/A
<b>CREDITS:</b>	2 credits   45 contact hours   1 term

### DESCRIPTION

This practical course works with the basic elements of classical dance technique and the artistic aspect. Students apply the correct use of basic concepts in the execution of classical ballet terminology. In addition, they develop body awareness of movement in a space.

### JUSTIFICATION

The basic concepts and the artistic aspect of classical ballet serve as the basis for the full development of dance artists. This fundamentals course aims to strengthen not only the physical and artistic condition of each student but also their cognitive knowledge as a prelude to the next levels, intermediate and advanced.

### COMPETENCES

The course develops the following competences in students:

- **Communication**
- **Research and exploration**
- **Critical questioning**
- **Innovation and entrepreneurship**

### OBJECTIVES

After completion of the course, students will be able to:

1. Understand and identify the basic concepts of classical dance.

2. Develop the technical and artistic performance skills of ballet at a basic level.
3. Implement the basic concepts of classical dance through the execution of technical and artistic skills.
4. Document the creative process, both in their own practice and that of other students/artists.
5. Use the specialized terminology of classical dance.
6. Apply body knowledge to identify, prevent, manage injuries, and maintain healthy performance.
7. Know the parameters and work demands of the dance profession and its ramifications.

## **CONTENTS**

- I. Class Structure for the Performance and Development of Classical Dance Technique
  - A. Bar
  - B. Center
  - C. Allegro
  - D. Pointe (initial assessment at the discretion of the professor) (Fitting)
- II. Aesthetics and Clothing of the Classical Dance Student/Artist
- III. Basic Concepts of Classical Dance
- IV. Language and Application of Classical Dance Technique Terminology
- V. Correct And Aesthetic Execution of The Classical Dance Technique; Physical & Mental Conditioning
  - A. Technique and aesthetics of movement
  - B. Motor coordination
  - C. Psychological and emotional aspects
  - D. Injury prevention
- VI. The Role of Music in the Development of Classical Dance Technique Skills
  - A. Relationship between movement and music
- VII. Professional and Entrepreneurship Opportunities.
  - A. National and international dance companies
  - B. Dance academies and their teaching methods
  - C. Dance – therapy and others

## METHODOLOGY

The following strategies from the active learning methodology are recommended:

- Training oriented to the execution of the classical dance technique and the artistic aspect in a studio with the appropriate spatial distribution and the necessary elements
- Practices of observation and analysis of classical dance technique
- Teamwork
- Self-assessment, peer, and group assessment

## EVALUATION

Participation	30%
Immersion experience	20%
Partial assignments	25%
Final project or exam	25%
<b>Total</b>	<b>100%</b>

## LEARNING ASSESSMENT

The institutional assessment rubric is applied to the course's core activity.

## BIBLIOGRAPHY

- Banes, S. (2011). *Terpsichore in Sneakers: Post-Modern Dance*. Wesleyan University Press.
- Franklin, E. (2019). *Conditioning for Dance: Training for peak performance in all Dance Forms*. Human Kinetics.
- Gaynor Minden, E. (2006) *The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet*. Fireside.
- Greene Haas, J. (2010). *Anatomía de la Danza*. Ediciones Tutor.
- Grieg, V. (1994). *Inside Ballet Technique: Separating Fact from Fiction in the Ballet Class*. Princeton Book Company.
- Nelson, A.G., Kokkonen, J. (2014). *Anatomía de los Estiramientos*. Ediciones Tutor.

Ryman R. (2007). *Dictionary of classical ballet terminology*. Royal Academy of Dancing.

Taylor, J., Taylor, C. (2015). *Psicología de la Danza: Técnicas y Ejercicios para superar Obstáculos Mentales y Alcanzar la Plenitud de l Potencial Artístico*. Alfaomega.

## DIGITAL RESOURCES

American Ballet Theatre <http://www.abt.org/education/dictionary/index.html>

*Ballet Terminology A-Z*. <http://www.dancehelp.com/articles/dance-dictionary/ballet-dictionary.aspx>

Centre National des Arts – Canada

<http://www.artsalive.ca/fr/dan/dance101/glossary.asp#ronddejambe>

For more information resources related to the course's topics, access the library's webpage <http://biblioteca.sagrado.edu/>

## REASONABLE ACCOMMODATION

For detailed information on the process and required documentation you should visit the corresponding office. To ensure equal conditions, in compliance with the ADA Act (1990) and the Rehabilitation Act (1973), as amended, any student in need of reasonable accommodation or special assistance must complete the process established by the Vice Presidency for Student Affairs.

- Students participating in the Student Support Program (PAE, in Spanish) shall request their reasonable accommodation in PAE's offices.
- Students who do not participate in PAE shall request their reasonable accommodation at the Integral Wellness Center (*Centro de Bienestar Integral*, in Spanish).

## ACADEMIC INTEGRITY

This policy applies to all students enrolled at Universidad del Sagrado Corazón to take courses with or without academic credit. A lack of academic integrity is any act or omission that does not demonstrate the honesty, transparency, and responsibility that should characterize all academic activity. Any student who fails to comply with the Honesty, Fraud, and Plagiarism Policy is exposed to the following sanctions: receive a

grade of zero in the evaluation and / or repetition of the assignment in the seminar, a grade of F (\*) in the seminar, suspension, or expulsion as established in the Academic Integrity Policy effective in November 2022.

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