

Course Title: Ballet

Course Number: DA 206 A

Semester Spring 2023

Schedule: TTh 12:30pm-1:50pm

Instructor: Heidi Nicole Stoeckley, Adjunct Professor of Dance

Conference Hours: (By appointment)

Email: hnstoeck@bsc.edu (email directly, NOT through Moodle, to ensure delivery)

Cell: 205.907.8511 (text is the quickest way to contact me!)

Virtual Office Hours by appointment (please contact me any time by email or text)

I'm excited about dancing together. Do you consider yourself a dancer? Or do you find yourself dancing everywhere you go, and you don't know why? Maybe you are interested in pursuing a career in dance or musical theatre, or you just want to remain in shape with ballet. Regardless, bring your curiosity, openness to new ideas and possibilities, questions, and life experiences. We are a learning community, and soon we will be an ensemble of explorers learning about our own natural body structures, the craft of ballet from varied perspectives, communicating through honest movement, and more!

– Heidi Stoeckley, Professor of Dance

Credit: 0.5 Unit

BSC Catalog Course Description: A study of principals and techniques of ballet.

Course Repetition: Students may repeat, with no limitation on the number of times the course is taken.

Regular Rotation Terms: Fall and Spring

REQUIRED TEXTBOOK

Ballet Basics by Sandra Noll Hammond

Suggested Textbooks:

Technical Manual and Dictionary of Classical Ballet by Gail Grant

Ballet: Beyond the Basics by Sandra Noll Hammond

Course Description:

This course is a mixed-level ballet class. The course will include ballet barre and center work, based on Cecchetti (Italian style) technique. Included in the course will be a study of ballet terminology. Students are expected to proficiently demonstrate exercises in order to receive credit for this course. Students must also demonstrate knowledge of ballet terminology through written work and reading/auditory presentation. All dance exams and written assignments must be completed by the deadline.

The BSC Explorations general education program is designed to foster the learning outcomes that correspond perfectly with what the graduate schools, professional schools, and employers are looking for. This course is designed to comply with the following Exploration Curriculum learning outcomes:

- **Communicate Effectively.** Students should be able to communicate effectively in written, oral, and classroom participation, their understanding of the art form of ballet.
- **Connectivity.** Creative insight and generative problem solving frequently occur by connecting previously disconnected areas of thought by completing the written assignments outlined in the course.
- **Creative Problem Solving.** We expect students to be able to identify and solve problems using a variety of methods and technological tools.
- **Self-Directed Teaching and Learning.** In any exploration, unplanned, unscripted, or non-routine events frequently provide the most memorable experience. Students will be expected to participate in the creation of choreography and classroom presentations that will require them to work independent of instructor assistance. At the end of the course the student will be able to demonstrate the use of critical thinking skills by the presentation of their written work and the choreography that was created.

Course Big Idea: Ballet

Course Enduring Understanding: *Ballet is a language of shape in the body, space, time and energy. This language is used to express and communicate.*

Course Essential Question: *What connections can be made between ballet and other areas of art and life?*

Course Objectives:

- Achieve basic to intermediate level of ability in ballet placement, terminology and technique.
- Gain a working knowledge of music theory for ballet class.
- Gain a working knowledge of basic anatomy of the body and injury prevention.
- Connect personal discoveries in ballet with approaches to living daily life.
- Understand personal physical traits and learning styles through a positive, non-judgmental approach of dynamic discovery.

Evaluation

Total Possible score

500 Points

Student's overall score will be distributed as follows:

Grading System	Dates	Score
Attendance	Term	*Up to 2 absences are allowed 3 absences reduce overall mark by 10% Additional absences may result in D/F mark
Attendance	Term	overall
Participation	Term	100 Points
Assignment	March	100 Points
Journal	Term	100 Points
Theory Test	April	100 Points
Final Dance Exam	May	100 Points

<u>Points</u>	<u>Grade</u>
500--450/5=100-90	A
449--400= 89-80	B
399--350= 79-70	C
349--300= 9-60	D
299 & below	F

B+, C+ will be considered for scores averaging .7 and above.

B-, C- will be given to scores averaging .3 and below.

Attendance: **All classes** **overall**

- Attendance is essential to your learning. 2 absences are allowed for the term.
- 2 virtual attendances are allowed in addition to your 2 absences.
- ***3 absences will result in a 10% reduction of your overall mark.***
- ***Numerous absences beyond 3 will reduce the Class Participation mark as determined by the professor, potentially resulting in a D/F Mark. The student will be notified under this circumstance.***

Class Participation: All classes **100 Points**

Class Participation marks are awarded each and every class, with a maximum mark of 5/5 points.

- 2 points are awarded for being ontime and self-managing a proper ten minute warm-up from 12:30-12:40pm each class.
- 1 point is awarded for wearing proper dance shoes.
- 1 point is awarded for wearing proper dance attire.

There are 25 classes, each with a maximum of 4 points. The total points earned out of 100 points will be your mark for participation.

Assignment	100 Points
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This assignment's focus is to contemplate and put into practice ways of observing ballet as an art form and/or exploring its principles relative to daily life. Details regarding the assignment will be given two weeks prior to the deadline in March.

Weekly Journal

100 Points

Each Tuesday class, you will write down a ballet sequence that we learn, using proper terminology and organization. This will include knowledge and practice of music and terminology. Each Thursday, the answer to the sequence will be posted on Moodle for self-evaluation. *Edits must be made in red on the original Tuesday entry, and if more than 3 edits are needed, a fresh re-write is required on the next page.*

This practice will be evaluated weekly on Tuesdays at the start of class for the previous week's entries.

12 weeks of entries will be evaluated with a maximum mark of 8 points each.

Additional entries of sequences done in class outside the one assigned can earn you an additional point each week, up to four points.

Entries are graded on DOING THEM, not on content, unless the edited version is completely inaccurate and evidence of lack of effort is evident.

HARDCOPY NOTEBOOKS ARE REQUIRED

Terminology Test

100 Points

Students will be tested on the spelling, definition and demonstration of the ballet terms given throughout the course. A study manual will be provided digitally. Students taking the course repeatedly may be asked to study more advanced theory and may have a different test from new students.

- Body Types & Anatomy
- Basic Body Alignment & Use of Core
- Positions of the Feet
- Theory of the Movement of the Feet
- Positions of the Arms
- Positions of the Body
- Ballet Movements
- Fixed Points of the Practice Room
- Theory of the Movement of the Head
- Dance Music Theory

Final Exam

100 Points

Students will be tested on the exercises learned in class.

Each student will be graded on his/her execution of the selected exercises. Marks are congruent to personal growth and not relative to the work of other students.

In addition, student will learn an iconic ballet solo and will perform it during the exam, much like an audition.

ACADEMIC SUPPORT

Academic Adjustments, Reasonable Modifications, and Auxiliary Aids and Services Available to BSC Students with Disabilities

Students who have specific academic adjustment needs please contact me no later than the second week of class to discuss accommodations/ academic adjustments that may be necessary. During this discussion, you are not expected to disclose any details concerning

your disability, though you may discuss these details at your discretion. If you have a disability but have not contacted Angie Smith, the Coordinator for Academic Accessibility at BSC, please call 226-7909 or visit Student Development on the second floor of Norton Center to initiate the process. You may also contact her at awsmith@bsc.edu if you have any questions or need more information. Her office hours are Tuesdays, Wednesdays, and Thursdays 8:30-4:30 or Mondays and Fridays, by appointment.

BSC RESOURCES FOR WRITERS

The Writing Center, located in the Humanities Center 102, offers one-on-one assistance for student writers. We serve all writers at all points in the writing process. Peer tutors spend thirty minutes to an hour per appointment, and there is no limit to the number of tutoring sessions you can have. Drop in during regular hours (M-Thurs, 3:30-10 & Sunday 5-10) or email writingcenter@bsc.edu to make an appointment. No matter what class you are taking, we can help!

Mental Health

Everyone reacts differently to stressful situations, and it could take a toll on our mental health. Please reach out to friends or our counseling services if you need or want someone to talk to. During the academic year, please contact Cara Blakes (cblakes@bsc.edu) or Marlena Stowe (mdstowe@bsc.edu).

You may also contact the Crisis Center Hotline at (205) 323-7777.

Disciplinary Process

Any member of the BSC community who refuses to follow the guidelines set out in this plan (or additional expectations established in the course of the term) must recognize that they are endangering other members of our community. Such an individual will be required to meet with an appropriate supervisor, e.g., the dean of Student Development, work manager, academic chair, or the Provost. If that person is unwilling to meet their communal obligations and their risky behavior continues, they will be asked to depart campus and to complete the term remotely with no requirement on the College's part for special accommodations. If a student is required to finish the term off campus, the College will not be liable for refunds of room, board, tuition, or fees.