Don Wright Faculty of Music  
Western University  
Dance 2375B 001 - Ballet Fundamentals  
Term 1179, Winter 2018

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Office hours: Contact instructor to make a specific appointment.

COURSE DESCRIPTION
An understanding of classical ballet technique will be developed through an in-depth study of body line, posture and weight placement, the coordinated use of arms and eyeline, and the relationship between musicality and dynamics of movement. Sessions will be rigorous ballet classes where the foundations of techniques and movement combinations are discussed as part of the class. Active physical participation is required.

Prerequisite: Dance 2275A/B or Permission of the Faculty (obtained by instructor’s evaluation of provided dance background).

Note: “Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.”

COURSE OBJECTIVES
1. Develop an area of concentration to address an individual weakness in classical ballet technique.
2. Develop awareness of body line by examining the relationship between body alignment, weight placement and eye focus.
3. Study musicality by examining the integration of music and the dynamics of movement.
4. Consider and understand factors that limit or allow skill progression.
5. Study and acquire ballet and musical terminology.
6. Develop teaching techniques by using clear explanations as well as appropriate dance and musical terminology.

COURSE FORMAT
Half course. 6 hours lecture/lab. Mondays, Wednesdays, Fridays: 10:30 a.m. – 12:20 p.m.
This course will follow the format of a traditional ballet class augmented by lectures where technique and theory are developed simultaneously. Each lecture/lab will be broken down as follows: 1) personal preparation (warm-up); 2) technique class; 3) lecture session, when appropriate, covering dance/musical terminology and technical knowledge. The rate of progression will, to some extent, be dictated by the abilities of the class members.

ATTENDANCE
This course involves the development of personal technique which makes attendance in class essential for success; attendance is mandatory. If unable to attend a class, contact the instructor by email in advance when possible. Unexplained absences will result in a reduction in your participation grade. Where physical participation might be limited due to an extended illness or injury, students are expected to observe the class and present a summary as assigned by the instructor. Consideration for extended absence from physical participation will require a note from a physician. This situation could also result in the student having to withdraw from the course. Punctuality is important for proper warm-up and injury prevention. Active physical participation is required.
COURSE TIMETABLE

Weeks 1-3 (January 8-26)
Introduction to class content and objectives. Students and instructor begin to evaluate technique for areas of strengths and weaknesses.

Jan. 29 - Written self-evaluation report. Report will identify specific weakness and strength in personal technique.

Week 6 (February 12-16)
Initial practical assignment. Short barre exercise will be prepared by students and presented during class time. (Specific dates will be set in advance.)

Week 10 (March 19)
Written in-class examination.

Weeks 12-13 (April 4-11)
Final practical assignment. Students will be given specific guidelines in order to prepare a dance assignment demonstrating positive development of personal ‘area of concentration’ identified through the self-evaluation process. Areas of strength will also be incorporated. Dates and times for the presentations will be set in advance.

EVALUATION

40% Daily Classroom Work - Evaluation will be based on the ability to apply material presented in class, understand and apply corrections, show improvement in identified area as well as overall and memorization of exercises. Therefore, missed classes could affect classroom work mark. Active, self-motivated participation and appropriate response to peer teaching will also be evaluated.

20% - Technique: Understanding/Response in Daily Class Assimilation/Progress

15% - Commitment: Attendance, preparation, memorization of classes

5% - Response to Peer Teaching-practical and/or written

5% *Written Self-Evaluation Report

10% *Initial Practical Assignment – A short barre exercise identifying ‘area of concentration’, will be demonstrated, explained and taught during class time.

10% Technical Assignments/Quizzes – Four written and/or practical assignments/quizzes will be given throughout the course to be completed in class. The top three marks will be used.

20% Written In-Class Examination - This exam will cover materials from handouts as well as information presented in class.

15% *Final Practical Assignment - A centre study showing progress and awareness of ‘area of concentration’ will be demonstrated, explained and taught during class time. Student’s development of teaching method will also be evaluated.

* All three assignments are required for successful completion of the course.
REQUIRED DRESS
Warm-up clothing may be worn over required dance clothes at beginning of class but should be removed when necessary. No jewellery that poses a danger to you or your fellow dancers (anything that hangs, is loose, or has sharp edges).

Women: - Tights, leotard (any colour or cut but no thongs) or unitard and soft ballet shoes.
- Long hair must be tied back out of the way of face and neck: preference is up in a bun.

Men: - Black tights, shorts or form-fitting pants, t-shirt and black soft leather or canvas ballet shoes.

LATE ASSIGNMENTS
Assignments, both written and practical, are due at the beginning of class on the day specified. Late assignments will be accepted but will lose one mark per day, including weekends.

SCHOLASTIC OFFENCES
“Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offense, as found at:

ACCOMMODATIONS FOR MEDICAL ILLNESS
The university has a new policy on Accommodation for Medical Illness stating that “in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities. Documentation shall be submitted, as soon as possible, to the appropriate Dean’s office.”(Associate Dean, Undergraduate)
The Policy on Accommodation for Medical Illness may be found at
“http://www.uwo.ca/univsec/academic_policies/index.html”

MENTAL HEALTH
“Students who are in emotional/mental distress should refer to Mental Health@Western:
http://www.uwo.ca/uwocom/mentalhealth/ for a complete list of options about how to obtain help.”
Western has a new Wellness Education Centre located in the UCC, room 76:
http://westernusc.ca/blog/2016/02/25/wellness-centre-and-mental-health-guide-created-work-to-promote-better-student-holistic-health/

ELECTRONIC DEVICES
No electronic devices are allowed in class during quizzes, tests and examinations unless accommodation has been arranged. All cell phones are to be turned off during class.