

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 166 – BALLET (I CR.)

COURSE DESCRIPTION

Teaches ballet as a discipline with correct alignment and ballet form. Expresses movement through traditional dance form with choreographic emphasis. Lecture 1 hour. Laboratory 1 hour. Total 2 hours per week.

GENERAL COURSE PURPOSE

This course is designed to allow students to acquire skills and gain knowledge about ballet as an art form.

COURSE OBJECTIVES

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

- A. perform Beginning barre exercises
- B. perform Beginning ballet centre exercises and locomotor movements
- C. recognize ballet terminology for movements learned
- D. condition the body through proper warm-ups

MAJOR TOPICS TO BE INCLUDED

- A. Barre exercises, focusing on plies, ronds des jambes, and varieties of battements
- B. Centre exercises including adagio, allegro, and turns
- C. Locomotor movements and dances
- D. Strength and flexibility training
- E. Ballet appreciation discussing historical perspective