

2014

MUSC 158-01 Ballet I

Sasha Hart

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Xavier University
Ballet I MUSC 158-01
Fall Semester, 2014
Credit Hours = 1 arts credit
Classes held: Thursdays 3:15- 4:15
Edgecliff Hall, The Ballet Studio- Room 201
Instructor: Sasha Hart
Tel: 861-0666 (home) No e-mails please!

Syllabus

Course Description:

This is a systematic and comprehensive study of the basic elements of classical ballet presented as an exploration of ballet technique in the dance studio. The course outlines the traditional ballet class including work at the barre and center. French terminology will be used.

Objectives:

This course introduces students to ballet dancing. This discipline challenges the body and the mind. The execution of ballet technique provides exercise, improves posture and promotes grace and coordination. Learning the joy of movement and the appreciation of the aesthetic beauty will be emphasized.

Grading:

Your grade will be based on the following:

Attendance:	45%
Effort.	20%
Personal Progress	15%
Midterm/ Final Exams	20%

Attendance: All students are expected to come to class regularly. More than three unexcused absences will result in your final grade being lowered by one letter. Ballet is a cumulative study which requires consistent participation and repetition.

Required Attire:

Women: Ballet shoes(fitting snugly like slippers)
Tights and leotard(no bare midriffs)

Men: Leather ballet shoes (usually black)
Tights or shorts, T-shirts tucked into the tights
A dance belt (or athletic supporter)

General: Hair should be fasten securely to keep it off of the face and neck. If glasses are worn, it's advisable to secure them with an elastic band. I can recommend dance stores and books on ballet for those interested.

