

**Course Description****DAA1204 | Ballet I | 2 credits**

Communicate effectively using listening, speaking, reading, and writing skills  
Demonstrate an appreciation for aesthetics and creative activities

This course introduces the beginning/foundational level of ballet including concepts, techniques, steps, terminology, and theory. It also addresses proper alignment, balance, coordination, and application of a range of musical meters. Foundational exercises at the barre and center floor. No prerequisites. (1 hour lecture; 2-4 hour lab)

Competency 1: The student will combine movements into phrases by:

- Using movement vocabulary at the beginning level
- Practicing varied movement combinations
- Developing consistency in performing movement phrases

**Learning Outcomes:**

Describe how natural systems function and recognize the impact of humans on the environment

Competency 2: The student will acquire an awareness of correct body alignment and placement by:

- Developing an understanding of principals of anatomical alignment
- Practicing physical movement related to a beginning level of study
- Developing an awareness of individual movement patterns

**Learning Outcomes:**

Describe how natural systems function and recognize the impact of humans on the environment

Competency 3: The student will integrate components of classical dance phrases through physical repetition of movement and execution of acquired skills at the beginning level by:

- Practicing movement phrases at the beginning level to music
- Developing movement coordination and placement appropriate to this technique
- Strengthening coordination and musculature necessary to support the movement phrases

**Learning Outcomes:**

Demonstrate an appreciation for aesthetics and creative activities

Describe how natural systems function and recognize the impact of humans on the environment

Demonstrate knowledge of diverse cultures, including global and historical perspectives