



**Spring 2008**  
**Palomar College**  
**Fundamentals of Ballet Syllabus**

**Ballet Master:** Stephen M. Hook  
**Monday & Wednesday:** 12:30-1:50 P.M.

**Accompanist:** Michael Munson DMA  
**Office Hours:** By appointment only, email

**Course Number and Title:**

**Dance 115: Fundamentals of Ballet # 31026**

**Unit Value:** 1.5

**Minimum of Semester Hours:** 48

**Basic Skills Requirements:**

**Appropriate Language Skills**

**Prerequisite:** DNCE 100

**Co requisite:** None

**Course Materials (Required):**

Hammond, Sandra Noll. (1993) Third Edition. Ballet Basics.  
Mountain View California: Mayfield Publishing Company.

**Course Description:** this course is designed to introduce the basic concepts of ballet at the beginning level. Concentration will be placed on proper alignment, placement, and rotation of the legs from the hip sockets.

**Course objectives:**

- To demonstrate an understanding of ballet as a stylistic genre and its history.
- To demonstrate enhanced kinesthetic awareness and understanding of correct body alignment with torso, rotation of the hips and upper legs, knees, feet along with focus of the head and arm positions at the beginning level.
- To demonstrate basic knowledge of classical ballet vocabulary and technique at the beginning level.
- To perform beginning level concepts of technique at barre and center.
- To demonstrate beginning level performance quality artistic expression.

**Course Requirements/ Method of Evaluation:**

- Participation, attitude, concentration, application of corrections and ideas concerning alignment, injury prevention, kinesiology correct performance of techniques, and display of work 320 pts (10 points per classes).
- Ability to write about the dance experience 80 points (organization, grammar, spelling, reading ability, and content and giving it turned in within 2 weeks of seeing the show).
- Midterm, T.B.A., 50 points
- Final Evaluation, 50 points

500-451 A, 450-401 B, 400-351 C, 350-301 D, 300 and below F

**Reminders:**

*Proper attire, tights, leotards, ballet slippers with the elastics sewn on, tight fitting sweats, sports bras, bike shorts, may be worn, please no big and baggy fashions. Men I highly suggest a dance belt. I have no dress code please do not abuse this fact, or turn dance class into a fashion show- - Proper dance etiquette is required, this includes being in class on time, staying the whole length of class, courteous studio behavior, a good working attitude, full concentration and participation. I will mark your grade down for not adhering to etiquette.*

*Long hair must be properly secured in some kind of a bun and kept out of your eyes. It is properly secured when it does not come apart while performing pirouettes (turns or whirls) and Grande allegro (big jumps). Later in a dancers career, this becomes even more relevant and important- - perhaps distracting the eyes of your partner. Thus, not being able to timely catch or support you in a potentially dangerous overheard lift or maneuver.*

*Participation is defined as being in class on time, staying the whole length of class, being active in discussions and movement portions of class, being willing to try things that may be unfamiliar to you, and most of all a good working attitude toward the class material, the fellow students and your instructor.*

*If you are late, it is your responsibility to come to me after class and make sure I got you on my roll sheet as present. **I will count three tardies as an absence.***

*Absence Policy: you are graded on substantive participation in class; the grading scale is reflective of this. Any absence can potentially affect your grade. I will accept a doctor's note as an excused absence due to me within a week of having missed the class.*

***If you are sick - - coughing, wheezing, sneezing. . . I will send you home and still mark you absent, so please use your best judgment and save your absences for when you really need them.***

*Make up Policy; you may make up one absence by writing an additional 2 page critique of a live dance performance, due within two weeks of having seen the show. You may also make up one absence by attending another class of a similar style and then write a one page summary of your experience in that class. (typed, double spaced... describe the class in detail, note combinations or steps you liked, disliked, imagery used, things that made sense, didn't make sense...)*

*If you are injured, and would like to watch class instead of participating. You must watch class and critic two dancers of your choice in writing. Your notes should be equal amounts of positive and negative points for each dancer.*

*Students with disabilities who believe they may need accommodations in this class are encouraged to contact the disability access center as soon as possible to ensue that accommodations are implemented in a timely fashion.*

*Please turn off all cell phones and pagers before class.*

*In the unlikely event that I am late for class, please wait 20 minutes. If I am not there by then consider the class canceled with no penalty to the students.*

*I will not accept late assignments. If it is an extreme circumstance and you have made prior arrangements with me, I may consider it.*

*All written assignments must be typed with 1" margins, 12 point font, and double spaced, they will be graded on correct spelling, grammar and organization as well as creativity, research and analysis.*

*Keep a journal, as a portion of your final exam will be to reflect on your experiences in this class.*

*My classes are based on a system of mutual respect, my respect for you, your respect for each other, and your respect for me. If you respect my time, I will respect yours.*

***Is course repeatable for reason(s) other than deficient grade?***

*Yes- \_\_\_ No \_\_\_\_\_ Number of times course may be taken for credit: \_\_\_\_\_.*

Yes, and four (4) times

***If you are interested in theatre or performing opportunities, please visit my website at: [www.professorhook.com](http://www.professorhook.com)***

***If you need to reach me or make an office appointment, please email: [shook@palomar.edu](mailto:shook@palomar.edu)***