

HESD 264:194 Ballet I
Health and Exercise Studies
Spring 2016, January 6-February 26

Instructor: Beth Wright Fath
Office: 2020 Carmichael Gym
Email: beth_fath@ncsu.edu
Office hours: MW 9:30-10:30am, TTH 10:30-11:30am, Fri. by appointment
Course Meeting: TH 11:45-1:35pm, January 6-February 26
Prerequisites: None
Credit Hours: One
Phone: 919-513-1545

Text: Hammond, S. N. (2004). *Ballet basics*. (5th ed.). Boston: McGraw-Hill. \$50.65 (NCSU Bookstore)

Health Information Statement: *Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).*

Course Description: Development of beginning-level technical skills in Ballet, including vocabulary, technique, history, performance, alignment, function and access of turnout, with emphasis on safe and efficient body use.

GEP Course Documentation

I. Objectives for courses in the category of Health and Exercise Studies

Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes:

By the end of this course, students will be able to....

1. Demonstrate and explain the fitness requirements necessary for a beginning-level ballet dancer including cardio-respiratory endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Discuss how participating in ballet classes can develop, maintain, and sustain an active and healthy lifestyle.
3. Become aware of and improve beginning ballet technique.
4. Improve ability to perform adagio, petit allegro, and grand allegro combinations.
5. Apply theoretical and historical knowledge about ballet as a dance style, which will allow the student to form a system of values about the art.

Grading:

Written Exam - 25%

Students will be expected to demonstrate their knowledge of the material covered in class and assigned readings by completing one written exam on Moodle. Ballet terminology will be emphasized.

Critical Paper – 25%

Students must attend a professional ballet performance and write a 3-page paper in response to the concert. Students will also use their textbooks to discuss the historical context of the performance. Specific concerts are listed on the course outline. More specifics about the paper will be posted on Moodle.

Practical Skills Testing - 50%

Students will perform beginning level barre and center ballet exercises. Students will be evaluated on proper ballet technique and alignment principles, as well as the strength, stamina, and flexibility required to complete the exercises successfully. The students will perform five different exercises/combinations worth 10% each.

Rubric:

Principles	Points (1=not present, 2=rarely present, 3=occasionally present, 4 mostly present, 5=always present)				
Correct Alignment	1	2	3	4	5
Weight Distribution/shift	1	2	3	4	5
Flow	1	2	3	4	5
Musicality	1	2	3	4	5
Proper execution of steps/sequence	1	2	3	4	5
Appropriate use of turn out	1	2	3	4	5
Performance Quality	1	2	3	4	5

****Moodle will be used for this class at <http://moodle.wolfware.ncsu.edu>. It is important that you log in for quizzes and assignments throughout the semester. Each quiz will be opened during the days posted on your syllabus. Once you log into the exam you will have a set amount of time to take the exam before the time shuts off. If you have any technical issues with your exam or with Moodle you must contact the Help desk for Moodle, *not your instructor*. You will find the contact phone number and email on your Moodle homepage. Remember, that screen shots or pictures of your screen are your best documentation of any issues. You will have ample time to take the exam so do not wait until the last minute.

Late Assignments: Written assignments are due *in class or on Moodle as described in the assignments*. Late assignments will be accepted for a maximum of ½ credit within one week of the due date. Assignments will not be accepted one week past the due date.

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any *written work* missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php.

- *The student will be allowed 3 absences (excused or unexcused). Four absences of any kind will result in a failing grade.*

<i>Absences</i>	<i>Points</i>
0	+3
1-3	0
4	F

Make ups for missed tests (written or physical) are at the discretion of the instructor. Make ups will be considered with a verifiable, documented issue, provided that the instructor is contacted prior to the next class meeting.

Attendance recording begins the first day of the semester.

Participation: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

Tardy: Please be on time. Two tardies = one absence. A tardy extends 15 minutes into class. If you are later than 15 minutes, you will be counted absent.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 3 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line. ** 1/28 is the last day to drop a class or change to credit only.

Requirements for Audit: Students must attend all classes and will be allowed three absences before NR will be recorded as a final grade. Audit students do not need to complete the written test, but will need to write the paper. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php
Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Proper attire: leotard/fitted shirt or tank top and tights/leggings/yoga pants that do not cover the ankles; ballet slippers (no pointe shoes); no dangling jewelry or hats. Points will be deducted for improper attire. NO chewing gum.

Emailing the Instructor: In order to receive a response from your instructor, your email should be structured as follows:

- Properly address your instructor
- Identify who you are, the class (including section or day/class time) you are in, and the purpose of your email.
- Please be specific and use complete sentences.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment

means that the student neither gave nor received unauthorized aid. Consult the university website: http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php

2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php.
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for the instructor and students to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages are prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

Course Outline for Ballet Spring 2016

Dates	Topic	Book
1/7	Orientation / Safety/Alignment	p. 11-22
1/12	Alignment, ballet basics, and barre work	Ch. 2
1/14	Ballet Technique	Ch. 7
1/19	Ballet history / video viewing, room 2037	Ch. 4
1/21	Ballet Technique – chaine turns	
1/26	Written exam (Moodle), Ballet Technique	
1/28	Ballet Technique – frappes. **Last day to drop/change to credit only**	
2/2	Ballet Technique	
2/4	Ballet Technique – petit allegro	
2/9	Ballet Technique – grand allegro	
2/11	Ballet Technique – adagio	
2/16	Ballet Technique – pique turns	Ch. 5
2/18	Ballet Technique	
2/23	Review class	
2/25	Practical Exam Concert paper due	

You must attend the following concerts to write your performance review:

Love Speaks by Carolina Ballet, 2/4-21, 2016. <https://www.carolinaballet.com/program/love-speaks>
 Visit www.carolinaballet.com and <https://www.carolinaballet.com/program/a-season-of-drama1>
 for details. Call Carolina Ballet directly for \$15 student tickets.