

**Syllabus for Ballet I;**  
**CRN 38648 DANC-022K-01**

DE ANZA COLLEGE DANCE/ THEATRE DEPARTMENT  
Instructor: Janet Shaw **Office hrs. TTh 12:45pm-1:00pm, & by appointment**

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**in studio, Winter 2025**

**Meets:** Meets: TTh 11:30am-12:45pm, Satisfies 1 unit of GE requirement, Area E.  
**CONTACT Instructor** email address: [shawjanet@fhda.edu](mailto:shawjanet@fhda.edu)

**Course Description:** Introduction to the discipline and creative art of classical ballet, focusing on the development of elementary movement theory and techniques, including ballet barre and elementary center floor exercises.

**Student Learning Outcome Statements (SLO)**

- **Student Learning Outcome:** Analyze and employ basic elements of classical ballet technique.
- **Student Learning Outcome:** Perform basic center floor exercises with proper body placement and coordination.

**DROP POLICY: Instructor will not automatically drop students.**

Must be conducted by the student, if desired.

**READING:** Required (*Do not purchase, yet*): **Fahey's Fit & Well** (PE Dept. Standard)

Recommended: **The Ballet Companion** by Eliza Gaynor Minden (*OK to buy now*)

**FINAL EXAM** Tuesday, March 25th, 11:30am-1:15pm

**REQUIRED Dance performances to watch online:** Watch 1 of our 9 **Options**, posted in Canvas: in the **Dance Studio** Module's **Viewing Room**. Be sure to watch ALL of the videos in the Option Group you select. Then **type up a one-page reflection** (as per instructions in Viewing Room) and submit it in our **week 11 Module**. It's due: no later than **March 23rd**, the Sunday before Final's week.

**IN CLASS PARTICIPATION:** Participation at class is a major portion of your grade. Your second absence will lower your grade 2 points, as will each additional absence thereafter, unless made up.

**MAKE-UPS/** Classes can be made up by:

1. Taking the class you missed (same week, same day) using **recordings** of past, online ballet classes that are posted in the **Dance Studio** module's **Makeup Room**. After you take the class, **send me an email**, with a brief reflection on the experience.
2. Up to two classes can be made up by watching a 2<sup>nd</sup> and 3<sup>rd</sup> **Option** (see details in Module). Turn in one **TYPED** reflection (describing the information requested) for each one. Turn into the week 11 Module unit marked 1<sup>st</sup> makeup and/or 2<sup>nd</sup> makeup. Due: by the last day of instruction.
3. Attendance at these approved **LIVE** dance concerts below can count as *two makeups* (Must submit 1-page reflection & photo as described in Module); **Maximum of two** may be used for makeups (or one can be used for the Option assignment):

<b>Sun, Jan 19</b> <b>3-5pm</b>	<b>Saratoga Symphony</b> ( <i>classical music</i> ) West Valley Presbyterian Church 6191 Bollinger Rd, Cupertino <b>FREE</b>
<b>Feb. 6-8</b> <b>8pm</b>	<b>Images</b> ( <i>many styles of dance</i> ) Produced by Santa Clara Univ. Dance Dept. Louis B. Mayer Theatre, Santa Clara University, No. Parking Garage
<b>Feb. 9, 2pm</b>	1063 Alviso St., Santa Clara <b>CALL 408 554-4015 for ticket prices</b>
<b>March 21, 7pm</b>	<b>Fast Forward 2025</b> ( <i>contemporary ballet</i> ) by New Ballet/ San Jose
<b>March 22, 2pm</b>	Hammer Theatre Center, 101 Paseo De Sn Antonio, San Jose, <b>Tickets \$17-\$135. (408) 924-8501</b>

**Resources for Extra Help & Support are in our Dance Studio Module in Canvas**

Grading Policy:

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**Participation** in class =

45 points

PRIMARY, in class goals for Ballet I:

1. Keeping legs straight during tendus.
2. Pointing feet, as they leave the floor.
3. Keeping pelvis vertical, allowing for full outward rotation of hip sockets.
4. Stretching energy through arms, especially when held out in 2nd position.
5. Using energy throughout the entire body.
6. Motivation to work well in class.
7. Ability to maintain concentration in class.

All are allowed 1 absence. Additional absences need to be “made up”  
**-2 points** for each missing make up

Two, 15-minute office hour **Ballet Check Ins** conducted, during weeks 4 and 8, by appointment.  
If BOTH are completed, can also count as one makeup.

**Quizzes** =

35 points

Participation in online activities; each week will have a short video and very short, online multiple-choice quiz to take. May be taken multiple times until successful.

**WATCH** 1of 9 Option Collections of Videos & write 1 pg. reflection as per instructions.

Submit in **week 11 Module** =

10 points

**Final Exam** =

10 points

During final’s week. Includes:

Final class.

Final combination.

Both performed as a class & recorded.

Both played back for review during class

100 Total

Summary: If you successfully **complete all of the above**, you **will have earned an A** in this class.

FYI Websites for Dance Performances are:

[www.baydance.com](http://www.baydance.com) and <https://www.sanjose.org/events?category=Dance>